Live right here.



SHAWNEEPARK.CA



BILLINGSGATE SEAFOOD MARKET

COMMUNITY NATURAL FOODS 130410TH AVE 5W

MARKETON MACLEOD: 7711 MACLEOD TR SW

BILLINGSGATEMKT, COM



Your essential daily news | Thursday, MAY 5, 2016

High 14°C/Low 3°C Scattered showers 💟 🛈

The hardest thing to describe is the wind a deep, gut punch of a blast powerful enough to form dust spirals along the highway, and nearly as hot on your face as when you open an oven... Metro reports from inside a national A helicopter battles the catastrophe, page 3 wildfire on Wednesday. JASON FRANSON/THE CANADIAN PRESS

CIAL REPORT FORT MCMURRAY WILDFIRE

11 pages of COVERAGE

CALGARY OPENING EVACUATION EMERGENCY HEARTACHE **DOORS TO EVACUEES**



The way you bank has changed. Has your account?

Switch to RBC® and stay on top of your money with a complimentary iPad mini 2'



Offer ends August 2nd. For more information visit rbc.com/ipadminioffer

apply. Offer available May 4 to August 2, 2016 but may be changed or withdrawn at any time without notice. For full details visit www.rbc.com/termsandconditions. 0 / Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of





SOUTH POINTE

403.567.8888

11500-35St. SE BARLOW TR. & DEERFOOT TR. SE



SOUTHPOINTETOYOTA.COM



TIMELINE

MAY 1, 6:27 PM: POLICE WARN OF FIRES BURNING TO NORTH AND SOUTH OF CITY

ECIAL REPORT FORT MCMURRAY WILDFIRES

Follow the events

Facingfire



The hardest thing to describe is the wind — a deep, gut punch of a blast powerful enough to form dust spirals along the highway, and nearly as hot on your face as when you open an oven.

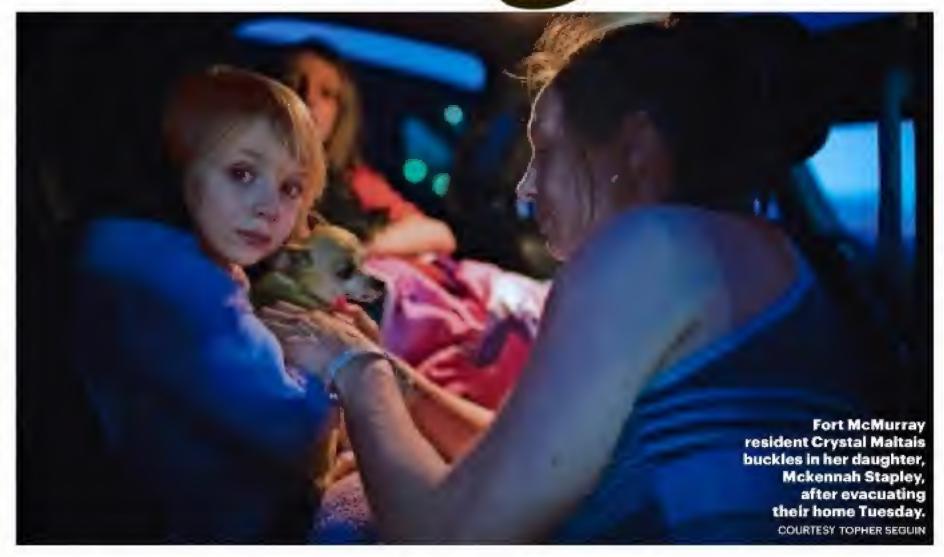
The next thing is the smell solvents, charcoal, ash - punctuated by the sound of sirens and desperate calls, seemingly everywhere along the highway, for diesel - "you got any diesel?"

Those calls were part of the overriding feeling of helplessness Wednesday evening, here on the southern edge of Fort McMurray, as dozens of people who wanted to help were forced to hold station by police as the fire yet again crossed Highway 63, the only road into town.

"Black smoke usually means a house or a car is on fire," said Jeff Parker, sitting in frustrated limbo in the cab of his truck as 50,000 litres of diesel — intended for firefighters battling the blaze — sat uselessly behind him. "And I see a lot of black smoke."

Parker has been trucking up to Fort McMurray since 2009 and has dozens of friends who live there, many of whom have been displaced.

"It's the old proverbial saying that it all depends on how the wind blows," he said. "Right now it's not the right way. What



I saw today is 1,000 times worse than yesterday."

Just a few kilometres north, the fire that people who fight them have called "nasty" one that has pushed more than 88,000 people to flee north and south of a remote city surrounded by boreal forest - contimued inflicting pain.

By Wednesday evening its flames had swollen to 10,000 hectares, from 7,500, and of-

ALL AGES BRUNCH

It's the old proverbial saying that it all depends on how the wind blows. Right now it's not the right way. What I saw today is 1,000 times worse than yesterday. Jeff Parker

might potentially spread to the city's airport. More than 250 firefighters, many who came at a

ficials worried the class 4 fire moment's notice to help, were battling to save a city that's small in population but central to the economic health of Alberta.

That fight was already lost in many areas: More than 1,600 homes and business have been destroyed, and with the trifecta of 30C temperatures, low humidity and strong winds along with worries about lightning storms — officials feared the fire was not done destroying.

On Wednesday afternoon, Alberta Premier Rachel Notley declared a state of emergency, the Canadian military began mobil-

izing to help and the fire claimed its first fatality - in a car accident near Lac La Biche, as thousands continued to flee south.

Approaching the city from Edmonton, kilometre-long convoys of pickups trucks, evacuation buses and SUVs, many coated in beige ash, turned roads in northern Alberta into a human river.

Abandoned vehicles - including one city bus — were left scattered along Highway 63's shoulders, an apocalyptic vibe counteracted by dozens of good Samaritans, who set up spontaneous gas stations and restaurants Wednesday right on the asphalt, offering gasoline out of jerry cans, water or food out of the back of their pickup trucks.

"It's going to be a long-term recovery," said Scott Long, executive director of provincial operations at Alberta Emergency Management Agency, in a daily briefing on the fire. "The damages are surprising. It will take years (to recover), for sure."

From Parker's cab, watching clouds of smoke billow through the windshield, that was a sentiment shared.

"To bounce back from this, it's doable, but it's not going to be overnight," he said.

Tim Querengesser is the managing editor of Metro Edmonton. He has written about Fort McMurray for various publications and has covered western and northern Canada since 2008.



Treat Mom to our Executive Chef's Culinary Artistry - All Your **Favourites and Some** With a Fresh Twist!

SUNDAY, MAY 8, 2016

LOCATION: Grey Eagle Hotel Baltroom (3779 Grey Eagle Drive)

SEATING TIME: 11:00 A.M. and 1:30 P.M.

ADULT \$39.95

KIDS (4-12) \$18.00

SENIORS \$25.00



RESERVATIONS REQUIRED. CALL 587.390.1400 OR EMAIL: LITTLECHIEF@GREYEAGLECASINO.CA

From the first spark to a barren city, these are the moments that defined the disaster Fort McMurray Mayor Melissa Blake signs a local state of emergency, allowing officials to declare evacuation orders for communities.

MAY 1 - 9:57 PM

Residents of Gregoire, south of Fort McMurray, are evacuated to MacDonald Island.

MAY 1 - 10:55 PM



Residents are warned of poor air quality and low visibility in much of Wood Buffalo.

MAY 2 - 6:05 AM

TRAGEDY

Woman recounts chaotic evacuation



Lucie Edwardson Metro | Calgary

Samantha Stevenson said those who are watching the Fort Mc-Murray fires from afar have no idea how much chaos, panic and sadness has stemmed from the tragedy.

"I am very anxious and stressed," she said. "I don't know how to feel to be honest with you. It's so sad seeing our city literally falling to ashes."

Originally from Calgary, Stevenson has lived in Fort Mc-Murray for the last number of years where she works for Syncrude. She said she has a condo in downtown Fort Mc-Murray and was given 20 minutes to evacuate.

"I packed some clothes, water and a few important things to me," she said.

On her way out of town, Stevenson said the severity of the situation was highlighted.

"It took three hours to try and even get out of my community to get to the main highways — which is typically a five minute drive," she said. "Then it was another four hours to get to Anzac which usually takes a 45 minute drive."

Stevenson said gas stations were either closed, run out of gas or had two hour line ups to access pumps.

"There were vehicles parked everywhere and people stranded with no gas," she said.

"We literally drove with fire next to us in the ditches and the hill next to the highway. It's very hard to breathe, we didn't have the AC on and windows were up and it was still thick smoke."

She said once they arrived in Lac La Biche things were very well organized.

"Lac La Biche was absolutely amazing," she said, "The evacuation centre had food and everyone was welcoming and helped us find somewhere to rest for a couple of hours — although because of anxiety and adrenaline I still haven't slept."

Stevenson said although she hasn't heard any bad news about her condo, many friends have already received devastating news.

"Some friends are still in the evacuation centres and have confirmation that their homes are gone — one in Beacon Hill, one in Wood Buffalo and potentially three in Abasand," she said.

"I've never seen grown men and women running out of work crying."



Flames as high as the eye can see next to the Mary Brown's Drive-Thru in Fort McMurray.

CONTRIBUTED BY SAMANTHA STEVENSON

City sending team of 50 to Fort McMurray

EMERGENCY MANAGEMENT

Seasoned personnel to relieve working crews



Helen Pike Metro Calgary

The Calgary Emergency Management Agency (CEMA) is packing up for a road trip to bring much-needed help on the ground where firefighters have been battling the live and hungry wildfires crippling Fort McMurray.

Wednesday morning CEMA was asked to deploy Canada Taskforce 2 disaster response team to the Fort McMurray area. Trained professionals from firefighting, law enforcement, medical and other disciplines loaded up four semi trucks full of supplies to drive to the Wood Buffalo area in support of crews on the ground.

Chief Tom Sampson, head of CEMA, said Canada Taskforce 2 has the capacity to support all kinds of operations like logistics and rescue. CEMA has also created two incident management teams.

"A combined total of roughly 50 people will be on the road very shortly headed for the Wood Buffalo," said Sampson.

"We anticipate them being in place tonight and being able to



Crews from Calgary's Canada Taskforce 2 are prepping to head to Fort McMurray.

HELEN PIXE/METRO

take on command roles in the morning."

He said the situation is unstable, so CEMA is going out with their full load, including the kitchen sink — something Sampson said hasn't happened before. One of the trucks will be loaded with water, which is an ongoing issue onsite.

Sampson said the call came suddenly, and Canada Taskforce 2 is ready to respond just as quick. Once they get on location in Fort McMurray tents will be set up, they will sleep outside and be able to provide two full shifts

le're going

We're going into an unstable situation.

Chief Tom Sampson

of relief for the emergency operations centre.

"We're going into an unstable situation," Sampson said. "Our concern for our team's safety is the most important thing whenever you walk into that kind of unstable environment.

"The emergency operations

centre there had to move...the town looks like a horseshoe surrounded by fire. These folks are going there, they're going to deliver service, but at the same time we're making sure our crews are safe."

The team members will have enough supplies to sustain themselves for five to seven days, at which time CEMA will look at replacing them.

"These are resourceful people behind me, they will figure out how to make it work, and I have full confidence they'll find a place to rest tonight," said Sampson.





ASK ABOUT EVENING CLASSES!

Graduates from the **Business Administration Management program** work as office managers, bookkeeping assistants, marketing assistants, and more.

"*Certain Restrictions Apply, Contact Campus for Info.

>> 1-800-533-1457 study.reevescollege.ca



REEVES COLLEGE ALSO OFFERS PROGRAMS IN:

ACCOUNTING & PAYROLL ADMINISTRATION | LEGAL ASSISTANT | MEDICAL OFFICE ADMINISTRATION | AND MORE!

The Ready-For-Anything Mortgage

For when you find that place you want to call home.



2.39% 3-Year Fixed Mortgage Interest Rate

TD Mortgages
Great rate and flexible features.

Speed up or slow down your mortgage payments.² Own your home with confidence, and take comfort in knowing you're prepared.

Visit a branch or tdcanadatrust.com/readyforanything



Banking can be this comfortable.



Assuming no additional fees are charged, the Annual Percentage Rate is the same as the interest rate. The martgage interest rate includes a discount off the 3-Year Fixed Term Martgage posted interest rate. Martgage interest rate. Martgage posted interest rate. Martgage interest rate. Martgage posted interest rate. Martgage interest rate. Martgage posted interest rate. Martgage interest rate. Martgage posted interest rate. Martgage

MAY 2 - 11:00 AM

Officials say the fire is between 550 and 750 hectares in size but not yet threatening homes.



The communities of Prairie Creek, Gregoire and Centennial Park are mostly evacuated.

MAY 2 - 11:16 AM



Chatha Metro | Calgary

Motorists fleeing Fort McMurray on Tuesday night were faced with bumper-to-bumper lines to reach the gas pumps.

Calgarian Fraser Simons, who was working in Fort McMurray on contract, said he was forced to evacuate with his coworkers at about 7 p.m. Tuesday night. He reached a gas station at 11 p.m., but after waiting for an hour, was told there was a \$20 limit.

Officials said they're working with the province to get available fuel to those who need it, but it's not an easy task with a clear timeline.



IN BRIEF

Babies evacuated from fire

During the height of the fire consuming Fort McMurray, Alberta Health Services staff had to evacuate more than 100 patients from the city's hospital, including nine newborn babies.

AHS interim CEO Dr. Verna Yiu confirmed Wednesday morning that they had all patients out of the Northern Lights Regional Health Centre to Edmonton.

"I have to say that I am really, really grateful and proud of our staff," said Yiu. RYAN TUMILTY/METRO

Fires limit fuel use, ups waits Aaron Chatha Aaron Chath

FINDING REFUGE

Expo centre currently has space for 1,400, says executive



Ryan Tumilty Metro Edmonton

After fleeing Fort McMurray in a rush Tuesday night, Judy Graham said she was overjoyed to be welcomed with a good breakfast and a cup of Starbucks coffee at Northlands Wednesday morning.

The folks inside are wonderful, they have been very accommodating and very kind to us," said Graham who along with her husband, children and grandchildren fled Fort McMurray when a mandatory evacuation order was put in place.

She said the trip down was orderly, but what is normally a four and a half hour drive became 11 hours because of the heavy traffic.

Taking their dog Sadie out for a walk, Graham said her family home is in a part of the community that has not yet been impacted by the fire, but they are keeping a close eye.

She said it was a dramatic turn of events for what they were planning.

"We had plane tickets today to go to Nova Scotia, but those



Evacuees depart from coach buses at the Northlands evacuation centre on Wednesday where 450 people are currently checked in. Although there is presently only room for 1,400 people, Northlands CEO Tim Reid says other halls can be closed down to increase capacity to 5,000 if required. RYAN TUMILTY/METRO

I am not staying here tonight,

because I have somewhere else

It was like

watching a

horror movie.

Northlands was turned into

plans got cancelled," she said. "I am just glad that we are all safe and sound."

Graham's 11-year-old granddaughter Madelyn, said leaving the city was frightening as fire came right up to the road.

"It was like watching a horror movie, because the fire was so close," she said.

Chris Royal was flown out of his job at a camp north of Fort McMurray to make way for the refugees streaming out of the city. He ended up at Northlands at first, but was going to a friends.

He said he was thankful. "All in all I didn't lose a house.

Madelyn Graham

evacuees at midnight.

of hours Tuesday and opened to

Northlands CEO Tim Reid said

an evacuation centre in a matter

they had space for 1,400 currently, but could close other halls at the site to make way for as many as 5,000 if necessary.

"We receive them the same way we would any other guest who comes to Northlands," he

As of Wednesday afternoon, 450 people had checked in at the facility.

Reid said when people began to arrive everyone realized how important it was to help.

"When you see people arrive after a seven-hour trip with young children it's really striking."

POST-SECONDARY

Schools on standby to offer help



Metro Calgary Calgary's post-secondary institutions with room to spare are on standby in case of an influx

of Fort McMurray residents dis-

placed as the northern Alberta

wildfires rage on. The Calgary Emergency Management Agency (CEMA) has engaged SAIT, the University of Calgary and Mount Royal University to be prepared to set up shelter for any of the 88,000 residents who've been evacuated from

Fort McMurray.

On Wednesday, CEMA chief Tom Sampson told a city committee they're not sure if flights coming in to Calgary from the area are full of Calgarians, or people from Fort McMurray who need shelter.

The plan, so far, is not to set up group lodging, but to get people into post-secondary residences.

"The best thing we can do for the people who arrive in Calgary is keep them in one area," Sampson said. "Let's not disperse those people through Calgary homes right now."

Steve Fitterer, Interim-Vice President of Student Affairs and Campus Life at MRU has counted the beds and said they are working to get more ready.

"Our doors are open to Fort McMurray residents displaced by the wildfires," said Fitterer.

Institutions are still waiting on the logistics and how to manage, and it's very early to tell if they will be needed.

PROFESSIONAL BUSINESS ACCOUNTANT DIPLOMA Your small & medium-sized business accountant

- Earn up to \$80,000+ per year
- Prepared to become a full cycle accountant with accounting designation
- No degree required
- Ideal for individuals who want to be self-employed/entrepreneurs

Duration: 19 months including 3 month practicum.

"PBA has opened doors for me in the sense that it has given me the ability to advance in my career. It was my designation that allowed me to get the job I currently hold."

Margo Desmarais, FPBA, Finance Team Lead, University of Alberta.



You are invited to an

INFORMATION SESSION

Thursday May 19, 2016 7:00 pm - 9:00 pm

> Sandman Hotel **CALGARY City Centre** 888 7th Ave SW, Calgary, AB

Please RSVP to rsvp@stenbergcollege.com or by tel: 1-855-227-3460



1-855-227-3460 · www.stenbergcollege.com

CALGARY INTERNATIONAL BEER BERFEST MAY 6-7 2016

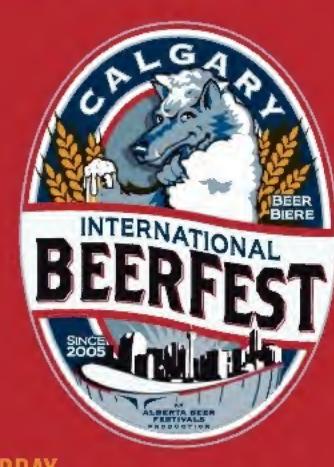


FRIDAY

3-10 PM BEER GEEK VIP 4-10 PM GENERAL ADMISSION

VENUE

BMO CENTRE, STAMPEDE PARK



VARIDITAS

1-9 PM BEER GEEK VIP 2-9 PM GENERAL ADMISSION

PROUDLY PRESENTED BY

Sobey Liquor

SAFEWAY . WINE&
SPIRITS

SAVE 15%
USE PROMO CODE
METRO15



TICKETS AT ALBERTABEERFESTIVALS.COM

From the first spark to a barren city, these are the moments that defined the disaster Residents are advised not to operate ATVs and overhead valve engines and to give crews room to work.

MAY 2 - 4:27 PM

Prairie Creek and Gregoire residents are told they can return home if they choose, but **most don't come back** in case situation escalates.

MAY 2-5:40 PM



Fire Chief Darby Allen urges residents to get their emergency kits ready. "We're in for a tough day," he says.

MAY 3 - 11:00AM



Resident Johnny Dulku said people at Noralta Lodge are trying to keep their spirits up and be supportive, while listening for news of their homes in Fort McMurray, courtest Johnny Dulku

THE PLANTS

7 seed

Residents wait in camps for rescue

EVACUATION

No shortages, but Noralta, Black Sands ration food



Aaron Chatha Metro | Calgary

When the call for the mandatory evacuation of Fort McMurray blared through the radios, Johnny Dulku got his wife and cat into the car and drove further north than he had ever gone before.

They arrived at the Noralta Lodge, about 75 kilometres from his home in Fort McMurray.

It was a long night, but Dulku

said he's thankful the lodge is well stocked in terms of food.

He said around the camp, the atmosphere is not exactly positive, but fairly decent.

"It's mostly people waiting and wondering, getting reports, hearing rumours, finding out what they just heard was wrong, then they're hearing something else," he said.

Cell reception in the northem areas is weak and the Wi-Fi spotty at best, according to teacher Samantha Quarterman, who found her way to the Black Sands camp.

"As far as I know, conditions seem good," she said. "Plenty of food at breakfast and lunch, with bottled water and notices of the boil-water advisory everywhere. We haven't been made aware or noticed any shortages at the moment."

There were initially concerns over Twitter in some of the camps north of Fort McMurray that there was a food shortage, but Noralta clarified over social media that they are simply rationing the food.

Quarterman said she was forced to drive far enough north that she could no longer see the large amounts of smoke coming from the city. She said driving to a big city like Edmonton was not an option.

"(We) have no choice but to wait it out because of scarcity of fuel and the uncertainty of the highway south," she said. "Just confirmed it's blocked by fire so we have no choice but to hope for rescue."



OUR LOW PRICES ARE NOW EVEN LOWER



. Covers 210 sq. ft. (1000666184)

LOWER

PRICE

NOW \$1277 WAS \$15.5 du ky atten

MIRACLE-GRO® Shake 'n Feed Gardens • 2.04kg (1000105901) NOW \$1277 WAS \$15.0

Miracle-Gro® Flower Magic® Multicolour
Mix • 1kg • Unique 3-in-1 mix that includes
premium flower seeds, fertilizer and coir
(1000733922)



NOW \$858 WAS \$13.96 MIRACLE-GRO®

MIRACLE-GRO® Potting Mix • 60.5L (1000151457)





THE BIG MOVE. The city decides to split Fort McMurray in two. Those who live south of the bridge drive south on Highway 63 and those who live north drive north.



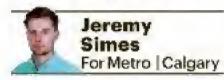
Mandatory evacuations are issued. Residents. are told to go now to MacDonald Island Park.

MAY 3 - 2:05 PM

Fire destroys hotels Military ready to provide airlift, aid

Microtel site, Super 8 burn to a crisp, says Calgary owner

MAY 3 - 12:00 PM



It's the second time Eric Watson's hotel development has burned down within months.

Watson, whose company owns the Super 8 and Microtel developments in Fort Mc-Murray's Beacon Hill neighbourhood, said both sites burned to a crisp on Wednesday.

The wildfire escalated Tuesday night as the city's residents were ordered to flee their homes for refuge up north.

But it isn't the first time



The Fort McMurray wildfire caused Eric Watson's Super 8 hotel and Microtel development to burn down, JENNIFER FRIESEN/METRO

the Microtel development has caught fire.

Earlier this year, Watson said RCMP were investigating an incident of arson as it's believed

a vandal purposefully set the development on fire, destroying everything.

"I couldn't believe it," he said. "But s— happens."

in Bonnyville housed about 42 families Tuesday night.

"Everyone was safe," he said. "I think people were pretty calm despite everything that hap- : pened.

"I'm happy people got out : of there as quickly as possible. : We're always here to help."

He said he plans to rebuild: the hotels as soon as the fire : clears.

with the insurance, obviously." he said. "But we're committed to the city, and everyone has been nothing but helpful."

Watson said his Super 8 and other hotel locations, including Calgary, will be offering compassionate hotel rates for evacuees.

"Just like the 2013 floods ... I think all Albertans will come together on this one for people in Fort McMurray," he said. : "We'll get through this."



Lucie Edwardson Metro Calgary

The Canadian Armed Forces are in the midst of helping provincial and municipal authorities with the Fort McMurray wildfire.

Brigadier-General Wayne Eyre, commander of the third Canadian Division, said the province has asked them to assist provin-"It's going to take some time : cial authorities with evacuations

and delivery of essential aid. He said helicopter support is currently being provided to assist in evacuation efforts.

"We've been asked to assist provincial authorities in supporting evacuation of civilians from some of the surrounding and more isolated communities and to provide any extra airlift ... to get some of these provincial firefighters to the right place at the right time," said Eyre.



IN BRIEF

Wildrose leader loses home in blaze

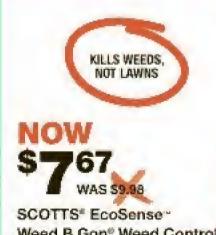
Wildrose leader and Fort McMurray MLA Brian Jean is among those who lost their home in the wildfire.

Jean went to the community on Tuesday just as the fire

spread. "I saw a pile of rubble and smoke and ash. My entire block is devastated," he said. He said some of his family members have been spared so far, but others had nothing but rubble. RYAN TUMILTY/METRO



Maintain a beautiful lawn and garden



Weed B Gon® Weed Control • 709mL • Will not harm grass (1000670886)



ON CONTACT NOW WILSON® AntOut Indoor & Outdoor

Ant Killer • 1L

(1000507629)



gardens, pathways, driveway borders and more (1000759802).



Paver • Slate • Create a new outdoor surface directly on grass, sand, soil or gravel (1000759803)

Prices valid Thursday, May 5 to Wednesday, May 11, 2016. *Offer valid at The Home Depot Canadia. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See store associate. or Special Services Desk for details or visit homeopotica. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers. © 2016, Home Depot International, Inc. All rights reserved. © Registered trademark of Home Depot International, Inc. Used under Normal



THESE NE TOWNHOMES FEATURE:

REDSTONE WAY

CALL 587-755-1166

- 2 AND 3 BEDROOMS WITH 2.5 BATHS
 - STAINLESS STEEL APPLIANCES
 - FRONT LOAD WASHER/DRYER
 - HEATED ATTACHED GARAGE
 - FULL DEPTH DRIVEWAY
 - CERTIFIED ENERGY EFFICIENT

SHOWHOME HOURS:

MONDAY TO THURSDAY 2PM TO 8PM WEEKENDS AND HOLIDAYS 12PM TO 5PM



Thursday, May 5, 2016

A FIRE UNFOLDS

From the first spark to a barren city, these are the moments that defined the disaster



Highway 63 southbound is closed at Mackenzie Boulevard.

MAY 3 - 3:39 PM

All of Fort McMurray is placed under a mandatory evacuation order, including MacDonald Island.

MAY 3 - 6:20 PM

FORT MCMURRAY WILDFIRE



Karley Kenny, also a member of the Clearwater Horse Club, escapes on her horse while ponying two others. Julie Loose

Escaping fire and smoke on horseback

SURVIVAL

With clogged roads, woman had no choice but to ride out



Liz Brown Metro Canada

As the wind changed and wildfires pushed toward the north side of Fort McMurray, 16-year-old Jada Polem saddled up her horse and started riding through the bumper-to-bumper traffic on Confederation Way.

On Monday, her family had moved their three horses from Clearwater Horse Club on the city's south side to a northside campground they thought would be safe. But Tuesday, winds shifted and in hours they were moving their horses again.

"We were waiting for trailers to come back to pick up my horse, but it became impossible for them to get through," says Polem.

As the smoke worsened, Polem's father drove the truck and trailer that could only hold two horses while his daughter rode the third alongside. It was

She was a little nervous. But she handled it really well.

Jada Polem on how her horse Mya did in crisis

a terrifying prospect, as horses can be nervous in traffic, but Polem saw no other choice.

"She was a little nervous," Polem says of her Quarter Horse mare Mya. "But she handled it really well. I'm pretty sure she knew what was going on. Drivers were smiling and saying things to me like, 'That's a good mode of transportation," she adds.

It took four hours for Polem to ride 15 kilometres to safety — to the water treatment

plant where her father worked. There she regrouped with her family and other horse owners, who were able to find a trailer spot for Mya.

Now the whole family horses included — is safe. They're camping in their trailer in Boyle, 350 kilometres south of Fort McMurray. But Polem isn't sure about the status of their home. If there is extensive damage to their home, the family may stay in Boyle for the summer as they rebuild.

COMPASSION

Animals displaced, left behind in crisis



Jeremy Simes For Metro | Calgary

Many animals in Fort McMurray have been displaced or left behind as wildfires continued to burn at "explosive" levels Wednesday.

Deanna Thompson, executive director of the Alberta Animal Rescue Society, said some will

be flown to Calgary.

At a news conference Wednesday morning, Fort McMurray Fire Chief Darby Allen said 48 animals saved from homes are at the Mc-Donald Reception Centre. Other animals have not been so lucky.

Allison Wiseman, who fled for Red Deer, said her cousin forgot to pick up his dog, Cuddles, when he and his sister evacuated.

RJ Bailot, executive director with the Alberta Spay Neuter

Task Force, said rescue groups have been barred from entering the city to rescue trapped ani-

"It's awful," he said. "We have dogs and cats in homes that are desperate."

Bailot said a Facebook page, Fort McMurray Fire Emergency Animal Assistance, has been created to let owners know which camps and hotels are accepting animals.



Cuddles is believed trapped in an apartment, contributed

HUDSON'S BAY

SAVE \$4250

Reg. \$5750

EFFY 14 kt. white gold, 0.5 ct. t.d.w. diamond tennis bracelet Exclusively ours



GIFTS MOMS

THIS MOTHER'S DAY WEEKEND: THURSDAY, MAY 5 TO SUNDAY, MAY 8, 2016

SAVE \$1850

Reg. \$2650

EFFY 14 kt. white gold, 0.25 ct. t.d.w. diamond ring Exclusively ours



50% off

diamond, pearl, gemstone and gold fine jewellery

See below for exclusions.



SAVE \$450

Reg. \$650



EFFY 14 kt. white gold, 0.10 ct. t.d.w. diamond earrings Exclusively ours



SAVE \$900

Reg. \$1300



EFFY 14 kt. white gold, 0.20 ct. t.d.w. diamond earrings Exclusively ours



SAVE \$2300

Reg. \$3300



EFFY 14 kt. white gold, 0.49 ct. t.d.w. diamond earrings Exclusively ours

Diamonds enlarged to emphasize detail and may not be exactly as shown, t.d.w. = total diamond weight. All diamond weights are approximate.

THURSDAY, MAY 5 TO SUNDAY, MAY 8, 2016

SAVE AN EXTRA 15%

ON FINE JEWELLERY

with a Hudson's Bay MasterCard or Hudson's Bay Credit Card, See below for details



SHOP THEBAY.COM

From the first spark to a barren city, these are the moments that defined the disaster



Highway 63 southbound opens south of Confederation Way.

MAY 3 - 9:15 PM

Buses at Timberlea

Extra Foods and

are set up to take

evacuees to Anzac.

Jubilee Centre



Motorists stranded on Highway 63 are asked to stay put as police patrol the area with gas cans.

The Fort McMurray evacuation

EMERGENCY

Success was not without some loss of life



Jeremy Simes For Metro | Calgary

The successful evacuation of 88,000 people from Fort Mc-Murray was a gargantuan undertaking in such a short period of time.

Dale Benfield, deputy director of emergency management with the Rural Municipality of Wood Buffalo, told Metro the orderly response was due largely to early volunteer evacuation compliance, dividing the town in two, community assistance and social media.

The evacuation orders began Sunday, as Fort McMurray Mayor Melissa Blake signed a local state of emergency, allowing officials to declare evacuation orders for communities.

Shortly after, volunteer evacuations began for the communities of Gregoire and Prairie Creek.

Later on in the day, as fire conditions changed and the city limits were threatened, mandatory evacuation orders were put in place in Prairie Creek and Centennial Park.



Vehicles line the highway as residents leave Fort McMurray, Alta., on Tuesday. JASON FRANSON/THE CANADIAN PRESS

There was a tragic turn of events Wednesday when an SUV collided head on with a tractor-trailer on Highway 881, a southern escape road, killing two and shutting down the road in both directions.

Volunteer departures begin

A fleet of buses was commandeered to get Gregoire residents evacuated to Mac Island and residents in Prairie Creek and Centennial Park were started to get moved out.

By early Monday, the volunteer count that was set out had been reached, and those three communities were essentially cleared of residents.

Later that day, after an assessment of the fire. Prairie Creek and Gregoire residents were

told they could return home if they chose, but most didn't go back, fearing the situation could escalate.

Mandatory evacuation ordered

Shifting winds and other weather factors combined to create a perfect storm for the wildfire to shift course and continue bearing down on the city.

At that time, Fort McMurray ordered mandatory evacuation for Beacon Hill, Abasand, Waterways, Draper, Saline Creek, Grayling Terrace, Downtown, Thickwood, Wood Buffalo and Dickinsfield.

A city divided

It was "the big move," according to Benfield. He said the city decided to split Fort

McMurray in two, where those who live south of the bridge would drive south on Highway 63 and those who live north would drive north.

Benfield said he didn't make notes during this time.

At 1 p.m. Tuesday afternoon, there were 75 officers working on the ground, knocking on doors, directing traffic and using loudspeakers to notify people.

Dozens of others were also on social media, notifying people online about evacuation information.

"We had to make some decisions based on speed and direction of fire," Benfield said.

"We had to make the best decisions we could with the information we had at the time."

Complete clearout

By 6 p.m. Tuesday, all residents of Fort McMurray were ordered to flee. But by this point, Benfield said most of people were already on the road, either heading north or south as told.

But he commended residents for the smooth evacuation.

"This is where the community came together," he said.

"People were helping people. People weren't putting themselves before others - they were trying to help their neighbour and get everybody as quickly as told."

WITH FILES FROM THE CANADIAN PRESS





LIMITED TIME OFFER!

April 21 - June 16, 2016

24 FEQUAL MONTHLY PAYMENTS

NO FEE NO INTEREST FINANCING*

on all **in-store tire purchase or installed parts and labour** totalling \$200 or more.



Tiras



Parts



_abour

CANADA'S GARAGE



ONLY AVAILABLE WHEN YOU USE YOUR CANADIAN TIRE BRANED MASTERCARD



LOCALLY OWNED . LOCALLY OPERATED . LOCALLY FOCUSED

Macloed Trail 403.278.3800 McKenzie Towne 403.257.5914 Pacific Place 403.248.4166

Deerfoot 403.295.2407 Dalhousie 403.288.1101 Shawnessy 403.201.3377 Westhills 403.246.1974 Country Hills NE 403.226.9555 Beacon Hill 403.456.6428

The associate Dealer operating the store is independent from Canadian Tire of \$200 or more (excluding gift cards). Interest does not account during the period of the plan. However, if Canadian Tire Bank does not receive the full minimum due on a statement within 59 days of the date of that statement, or any event of default (other than a payment default) occurs under your Card member. Agreement, all special payment plans on your account will terminate and (i) you will then be charged interest on the balances outstanding on such plans at the applicable regular annual rate from the day after the date of your next statement, and (ii) the balances outstanding will form part of the balance due on that statement. There is no administration fee charged for entering into a special payments plan. Each month during an equal payments plan you are required to pay in full by the due date that month's equal payments plan installment. Any unpaid portion not received by the due date will no longer form part of the equal payments plan and interest will account from the day after the date of your next statement at the applicable regular annual rate. Offer subject to change or cancellation without notice. Offer expires on June 16, 2016. (After expires on June 16, 2016, After Canadian Tire Canadian Tire

From the first spark to a barren city, these are the moments that defined the disaster

Edmonton Fire Rescue and the Edmonton Police Service send fleets to help with the Wood Buffalo fires.

MAY 3 - 10:00 PM

Northlands Exhibition Centre opens its doors in Edmonton to accept Fort McMurray evacuees.

MAY 4 - 12:00 AM



Highway 63 reopens north of Confederation, but fuel is not readily available.

Provinces, charities react to raging fire

ONTARIO

The Ontario Natural Resources Ministry announced it would send water-bombing aircraft and more than 100 fire rangers to northern Alberta. The fire-

fighters were scheduled to ship out Friday.

Toronto-based charity GlobalMedic was ready to commit aerial drones to help firefighters better view the affected

CO-OP

Best Fresh

areas. The aid organization also offered inflatable housing and water-purification materials.

BRITISH COLUMBIA

B.C. Premier Christy Clark told media the province needs to focus on its own wildfires. The province is unable to spare any firefighters to help Alberta's efforts, but Clark says B.C. has done "everything (Alberta) has asked us to do" so far. METRO



A helicopter battles a wildfire in Fort McMurray, Alta., on Wednesday. JASON FRANSON/THE CANADIAN PRESS

Province takes over

City in state of emergency as fires burn out ofcontrol

Alberta declared a state of emergency Wednesday as crews frantically held back wind-whipped wildfires that have already torched 1,600 homes and other buildings in Fort McMurray, forcing all 80,000 residents to flee.

"The situation in Fort Mc-Murray is not stable. It is unstable," Scott Long of Alberta Emergency Management told reporters in a Wednesday briefing.

"The downtown core is being held through some Herculean efforts of the structural firefighters in the area."

Municipal Affairs Minister Danielle Larivee said the state

of emergency allows the province to take full control of the situation, conscript people if ne-cessary and bulldoze structures as required.

There were dangerous and dramatic developments on multiple fronts Wednesday in a story that has made headlines worldwide with stunning video footage of trucks and cars driving past sheer walls of flame.

Alberta Premier Rachel Notley flew up to survey the situation first-hand, while officials in the evacuation centre had to bolt to the south of the city as flames edged closer.

The blaze effectively cut Fort McMurray in two late Tuesday, forcing about 10,000 north to the safety of oilsands work camps.

The other 70,000 were sent streaming south in a bumper-tobumper snake line of cars and trucks that stretched beyond the horizon. THE CANADIAN PRESS





From the first spark to a barren city, these are the moments that defined the disaster

MAY 4-10:00 AM

Officials say the out-of-control conflagration spans between 7,500 and 10,000 hectares.



Wood Buffalo announces 88,000 people have been evacuated, with no reports of injury.

MAY 4 - 10:28 AI

A world up insmoke

As fire ravages Fort McMurray, Alta., these images depict some harrowing scenes from the carnage.

THE CANADIAN PRESS



SURREAL VIEW This photo taken through a car windshield shows smoke rising from a wildfire as it rages outside of Fort McMurray on Tuesday, mary anne sexsmith-segato/the canadian PRESS VIA THE ASSOCIATED PRESS



SAVING WHAT THEY CAN Family pictures packed in suitcases are seen as a family of evacuees camp out on their van at a beach south of Fort McMurray on Wednesday. JASON FRANSON/THE

CANADIAN PRESS

FUEL FOR THE ROAD AHEAD

People gather for gas being handed out at a rest stop near Fort McMurray on Wednesday.

JASON FRANSON/THE CANADIAN PRESS





UNEMPLOYED OR LAID OFF?

Consider teaching English Overseas JOB GUARANTEED!

> TESOL Certified in 5 Days

In-Class or Online > No Degree Required!

1.888.270.2941

Next in class course: May 29-31, June 1-3 2016 (Best Western Village Park Inn)

May 17th, 2016 @ 7pm (1804 Crowchild Trail NW)

globaltesol.com

BY THE NUMBERS

Size of fire: 75 sq. km. Expected to be 100 sq. km by end of Wednesday.

Structures burned: 1,600 (as of Wednesday afternoon).

Total number of people displaced: More than 80,000.

RCMP officers deployed: 300. There are also 250 firefighters on scene.

More coverage. Better call quality. Faster data.

We've upgraded our network in Calgary.

If you're a WIND customer in Calgary you should have already noticed better network coverage, faster data speeds and improved call quality. We've added new equipment, additional wireless spectrum and expanded our coverage across the area, with more cities to come in the future.



From the first spark to a barren city, these are the moments that defined the disaster



A boil-water advisory is issued for the entire region.

MAY 4 - 11:06 AM

Oil companies tend to evacuees

SHELTE

census.gc.ca

Focus on relief effort rather than business



Helen Pike Metro | Calgary

Alberta's oil and gas companies are scaling back to essential workers, housing evacuees and even shutting down facilities as wildfires continue to threaten Fort McMurray, Alta.

As 88,000 people fled the immediate region of Fort Mc-Murray, many seeking refuge in several camps set up to house evacuees, companies like Sun-



A wall of fire rages outside of Fort McMurray, Alta.
TERRY REITH/THE CANADIAN PRESS

cor, Shell and Imperial Oil and Husky are being run on barebone crews, so they can concentrate on keeping workers safe.

On Wednesday, Shell said it made the decision to focus on getting employees and their families out of the region while also freeing up room at its 2,000-person work camp for some of the 80,000 people who were ordered to evacuate.

Their mining operation is located about 70 kilometres north of the city and between two mines produces 255,000 barrels of oil per day.

"Right now, our priority is providing support for our people, their loved ones and others in the area," Shell spokesman Cameron Yost said in an email.

"Our work camp, the Albian Village, is now open to all evacuated Fort McMurray residents who need a safe place to stay and we are evacuating non-essential staff to make room for those who need it most."



YOUR CENSUS. YOUR NEIGHBOURHOOD. YOUR FUTURE.

When you complete your 2016 Census, you're providing information to help

plan for hospitals, schools, transit, parks and more for your community.

Complete your census online today.



MAY 5TH - 14TH 2ND Floor CORE-TO Square EPH APPAREL POP UP SHOP

EphappareLcom | support@ephappareLcom | 1-888-343-6117



From the first spark to a barren city, these are the moments that defined the disaster

Officials update damage to homes, including a 90 per cent loss in the Waterways neighbourhood, 70 per cent in Beacon Hill and 50 per cent in Abasand, In total, roughly 1,600 structures have been destroyed.

The Alberta government declares a state of emergency.



The fire breaches the intersection of Highway 63 and Highway 69, so no traffic can pass northbound or southbound

MAY 4 - 3:30 PM

MAY 4 - 4:05 PM

'Total support' offered

DISASTER RELIEF

PM Trudeau pledges federal resources to **Fort McMurray**

Prime Minister Justin Trudeau says the federal government will provide all possible assistance to Alberta as wildfires ravage Fort McMurray.

Canada is a country of people who help each other in challenging times, Trudeau told his caucus Wednesday.

"I've been dealing with offers of support and calls from the Atlantic provinces, all the way out to B.C., as people are looking for how they can support their friends and neighbours as people go through this difficult time."

Trudeau urged people with

friends or family in Fort Mc-Murray to make sure they are OK and ask what help they

MAY 4 - 12:30 PM

Federal leaders called on Canadians who want to help to donate to the Red Cross.

The prime minister said he has already spoken to Alberta Premier Rachel Notley to offer his government's "total support."

Defence Minister Harjit Sajjan, in a conference call from Germany early Wednesday, confirmed a formal request for assistance has been received from the Alberta government.

Notley told a news conference that a memorandum of understanding had been signed with National Defence to provide helicopters for search-andrescue efforts in isolated spots around Fort McMurray as well as transport aircraft to fly in firefighters. THE CANADIAN PRESS



Prime Minister Justin Trudeau says Canada is a country of people who help each other in challenging times. THE CANADIAN PRESS

Notley absent from premiers' conference

A disastrous wildfire raging in northern Alberta has forced government leaders in western Canada to tweak their plans to meet in Vancouver later this week and has pushed emergency management towards the front of the meeting's agenda.

Alberta Premier Rachel Notley will no longer attend the 2016 Western Premiers' Conference, which is scheduled to run Thursday and Friday. Deputy Premier Sarah Hoffman, who also serves as the province's health minister, will replace Notley as Alberta's representative.

British Columbia Premier Christy Clark, who is hosting the annual gathering, said emergency management will be at the forefront of the discussions as the blaze in Fort McMurray, Alta., forces tens of thousands to flee the encroaching flames.

"Alberta's in the midst of it



Alberta Premier Rachel **Noticy** THE CANADIAN PRESS

at the moment, but every other western province experiences forest fires, floods, concerns about earthquakes and other disasters," Clark said. Still, Clark said much of the conference would also centre around the economy, given what she described as Western Canada's role in a national context.

"We have traditionally been the economic engine of the country for the last decade," she said. THE CANADIAN PRESS

SPRING STYLE EVENT

THE MOST EFFICIENT WAY TO BUY WINDOW COVERINGS. NOW WITH MORE ENERGY-EFFICIENT SOLUTIONS.

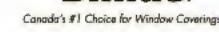


GET A REBATE UP TO \$250*

when you purchase outdoor and energy-efficient window coverings

Schedule your FREE In-Home Consultation today! 866-491-7662 // BudgetBlinds.com













"Applies in selected Segrecular Sense." vanious mean verticity Surjest Blacks". Auditore of \$1,000 minute quality from relate of \$100, uniqual receives in \$2,500 to minute quality from the early Segrecular Sense." Add in closes. For each eith may when obtain, dynamic, and region. Well has a limited time with Other good of mittal time of influence only. At participating functions, only. If NOSA Badget Black, 1997. As exempt Sudget Sheet is a madematic of Budger Sheet, LLC, and or come Francisca Consepts Brand. Facts transfers independently assert and ensured. Francisca apparameter available



Earls will serve up Canadian beef again

Backlash from cattle farmers, social media forces decision

The Earls restaurant chain says it will start serving Canadian beef again following a recent uproar over its decision to switch to hormone-free meat from the United States.

The Vancouver-based company — which has 26 of its 66 locations in Alberta — said last week it would serve beef with the U.S.-based Certified Humane designation, raised without the use of antibiotics, steroids or added hormones.

Earls president Mo Jessa now says the company "made a mistake" when it decided to move away from Canadian beef.

The decision prompted a backlash from cattle farmers and incited anger on social media, with high-profile politicians jumping into the fray on Twitter.

Scores of social media users viewed the decision as unpatriotic and threatened to boycott the chain.



Earls says it will work with Alberta farmers to meet its criteria. THE CANADIAN PRESS

The chain says it will now try to source as much of its beef in Canada as possible.

"We want to make this right," Jessa said in a statement. "We want Canadian beef back on our menus so we are going to work with local ranchers to build our supply of Alberta beef that meets

He said the company has

"deep roots" in Alberta, after starting in Edmonton, and needs "to support Alberta, especially in tough times."

The company had always used Canadian beef in its hamburgers and steaks — two of its biggest selling items - but wanted to make the switch to meat that was Certified Humane, which is run by the U.S. organization

Humane Farm Animal Care.

Earls said animals on Certified Humane ranches are "treated with care, respect and dignity from birth to pasture."

There is no equivalent certification in Canada, but the Canadian Cattlemen's Association had argued that there are many humane beef producers in Alberta. THE CANADIAN PRESS

ANNUAL REPORT

Property crime linked to drugs



Lucie Edwardson Metro | Calgary

Calgary Police Chief Roger Chaffin presented the annual update on the service to the community and protective services committee at city hall Wednesday.

Chaffin said the report indicated the biggest problem Calgary Police Services have been dealing with over the last year is the war on drugs - which he said has lead to increasing crime rates in the city.

Fentanyl and methamphetamine are associated with high property crime trends,

"It's not the presence of the drugs necessarily, but it's the fact that the drug brings addiction with them, so the presence of those drugs and the relating addictions have a relationship to increased crime trends in the city."

Chaffin said what was notably one of the hardest battles fought by CPS this year was gang-related shootings. With a total of 95 shootings in 2015, more than doubling shootings in 2014.

The report indicates that

Up 40%

Percentage increase in property crimes in all categories. Specifically:

- · Residential break and enters up 44.2 per cent
- Commercial break and enters up 74.8 per cent
- Theft of vehicles up 59.2 per cent
- Theft from vehicle up. 58.5 per cent. METRO

more than half of the 2015 shootings (51) were confirmed gang related.

"Those are leading a lot of our perception of safety issues and crime problems we have with the open-air shootings and the frequency and the audacity of them," he said.

Chaffin said CPS spared no resources in dealing with this issue.

"We've had a very strong suppression effort and some big operations that managed to arrest some prominent players in that battle," he said. "So, you'll see over time then that those particular issues have been strongly suppressed and really evaded."

IN BRIEF

Neighbour rescues man from house fire

A neighbour working in the backyard alerted his sleeping neighbour to a house fire Wednesday afternoon.

He called 911 to report the fire and went to the home and began knocking on the door until his neighbour woke up and safely escaped

with his dog. No injuries were reported.

Initial reports indicate the fire started at the back of the home on the outside.

Oilsands may be a problem investment in future: Study

A new study by the Carbon Tracker Initiative shows the

world's biggest oil and gas companies can still make big profits in a carbon constrained world if they avoid high cost, high carbon projects like the oilsands.

The London-based organization did an independent stress test on how energy projects would be affected by the demand drop needed to keep global temperatures. from rising more than two degrees Celsius.

The study shows companies would be worth more if they were to focus only on the lower cost projects needed in a world where demand averages around 88 million barrels a day between now and 2035, THE CANADIAN PRESS

HOME INVASION

Woman awakes to intruder

A homeowner in Penbrooke had an unexpected visitor early Wednesday morning, and now police are seeking a suspect.

Police were called to the community just before 6 a.m., a woman awoke to finding a man in her home.

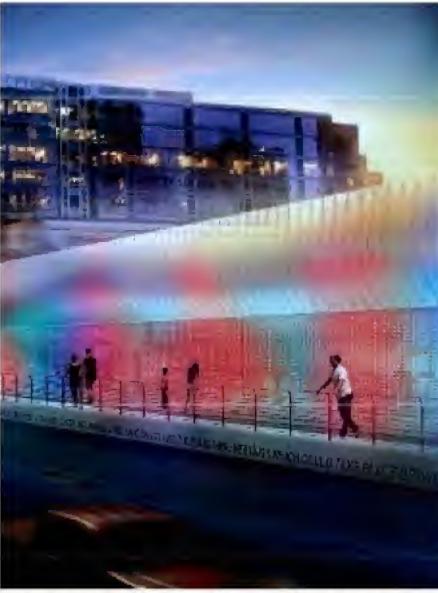
The man covered the victim's mouth in what is believed was an attempt to stifle her screams before fleeing the home.

Neither the woman nor her two-year-old child were injured as a result.

Police think he may have gained entry to the home through an unlocked door.

Investigators are asking anyone who was in the area at the time, or who may have any information about this incident, to please contact police at 403-266-1234.

SHAGANAPPI HAS A HUGE 403.536.3431 **NEED FOR PRE-OWNED VEHICLES, TOP DOLLAR PAID FOR 2012 OR NEWER** No Hassle, Easy & Quick Transactions. DEVORCE OR LAID OFF... WE CAN HAVE YOU CASH IN LESS THAN 24HR ALL TRADES WELCOME! REBUILD YOUR CREDIT! GET APPROVED TODAY!



An artist's conception of the proposal, courtesy city of CALGARY

Tunnel gets cheery look

INFRASTRUCTURE

Plan would see 4 Street SW underpass get arty upgrade



Brodie Thomas Metro | Calgary

It's not going to be just any old tunnel.

If the plan gets the green light from council, pedestrians using the 4 Street SW underpass could be walking past a colourful and bright work of art.

The report, going to the city's Standing Policy Committee on Planning and Urban Development this Friday, highlights a \$6.7-million proposal to upgrade the overpass while "seamlessly integrating en-gaging public art."

The artwork will be by Polish artist Krzysztof Wodiczko, in collaboration with The Marc Boutin Architectural Collaborative, based in Calgary.

Wodiczko is famous for making large-scale projections on buildings and monuments. The proposal shows pedestrians walking past brightly lit colourful walls as they pass under the CP rail line.

Jennifer Rempel, executive director of the 4 Street Business Revitalization Zone said the upgrades are badly needed and a great investment.

"Underpasses - specifically out of downtown — are so heavily used by pedestrians," she said.

"There's 10,000 people that walk under that underpass per day. I think they've been severely neglected."

Remple said the underpasses are dingy, dark and smelly, yet they're essential to our transportation network.

As part of its 2007 City Centre Plan, the city is upgrading and beautifying the underpasses that connect the beltline area of the city with the downtown core.

The city has \$4.49 million set aside for upgrades to the tunnel. The remaining \$2.23 million will be split evenly be-tween the Beltline Community Investment fund and the city's public art capital deposit.

Coun. Evan Woolley is ready to defend the project against those who might have a kneejerk reaction against public art.

"The million and a half bucks is from a developer fund — the developers paid for it — for public art," he said, adding it is not taxpayer dollars.

He said if we're going to upgrade an underpass, we might as well make it beautiful.

"We build \$70-million road interchanges all the time and nobody bats an eye."

Children's mental health needs attention



Jeremy Simes For Metro | Calgary

Talk of mental health issues is emerging from the shadows, although challenges remain to ensure kids are happy and healthy, according to Hull Services' executive director George Ghitan.

Thursday marks Children's Mental Health Awareness Day, Ghitan said, adding that in his view, children's health deserves more attention.

"A lot of people don't believe children have mental health issues," he said. "They think children will just grow out of it."

Given the province's tough financial situation to fulfill all of its recommendations within the Mental Health Review,

However, he said there's a growing awareness of mental health, which shows more people care.

"It isn't just about mental health - mental health affects



A lot of people don't believe children have mental health issues. George Ghitan

Ghitan said he wonders how many will be implemented.

"I think people are very concerned with the state of mental health," he said.

"It's never been viewed as a priority."

all aspects of health. These things are totally intertwined," he said. "People who have mental health issues normally develop an array of other health problems."

But the key, he said, is chil-

dren's mental health.

"If you look at homelessness, addictions, crime ... most of that can be traced back to childhood," he said, "You see these things evolved and there is a lot of continuity."

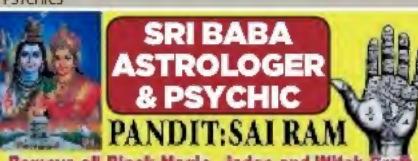
As a result, prevention is where resources should be focused, Ghitan said, adding most funds go towards treatment, or "dealing with the problem after the fact."

The question, he said, is, "How are we going to get the money to invest heavily in intervention and prevention? That's where the solution is. It's like cancer — solutions are made in prevention."

Service Directory

To advertise contact 403.444.0136

PSYCHICS



Remove all Black Magic, Jadoo and Witch Craft

100% Guaranteed to solve all your problems! Expert Palm & Face Readings, Horoscope, Numerology, Vastu Shastra

I CAN TELL PAST, PRESENT & FUTURE | ALL RELIGIONS WELCOME!

Children Problems Family Matters **Husband and Wife Problems**

Jealousy Depression **Evil Eye Power** Black Magle

Enemy Problems

Business Problems

Job Problems **Lotto Numbers** Miacarriage Health Problems Education Love & Marriage Sexual Problems **Money Problems**

100% GUARANTEE, BRINGING LOVE BACK

111, Taradale Dr. NE

SRI KALI ASTROLOGER & PSYCHIC READER

PASSED AWAY FROM GENERATION TO GENERATION, NOW IN CALGARY



PANDIT: .AKSHMI KANTH

FACE READONS + PHOTO DELIDANS BAND SEADING - BRITISTIME READING

HE CAN HANDLE ANY PROBLEM | BRINGING LOVED ONE BACK Helps in Job, Love, Business, Sickness, Education, Employment, Marnage, Court, Enemy, Black

Magic, Secret Matters, etc. IMMEDIATE RESULTS & GET LIFELONG PROTECTIO

403-629-8595 219 Rundleridge Dr. N.E.

TAX CREDITS

Hip or Knee Replacement?

The Disability Tax Credit allows for a \$2,500 Yearly Tax Credit \$20,000 Lump Sum Refund (on avg)

Copd, arthritis, and many other disabling. conditions that cause Restrictions in Walking or Dressing may qualify.

For Expert Help: 1-844-453-5372

ASTROLOGER



Now your past, present & future. 100% Removes black magic.

i remove problems: Bad luck Witch craft

Depression Jadoo

Curse etc...

Suffering Embarrassment + Evil eye power Hard time

Black magic

Business Education Health Child mistake Court case

Lotto number Divorce Spousal conflicts - Miscarriage Love & marriage

I give solutions:

If you have belief in yourself, come & meet me & get 100% solutions. SORT OUT ANY KINDS OF PROBLEM IN 48 HOURS. SATISFACTION 100% GUARANTEED. NOBODY BREAK MY WORK.

> GOD IS BELIEF. BELIEVE IS ASTROLOGY.

403.560.530

PSYCHICS

DIAN ASTROLOGER



Expert in Patra Reading. Open Book, Palm, Reading. Horoscope Photo Reading, Face Reading, Name &

Date of Birth. Pandith is Expert in Removing Black Magic, Generation Curses, Black Hearts, Voodoo,



kre you Suffering from any of the Following Problems? Drinking Problems Business

Black Magic **Evil Spirits**

Bad Luck

Reunite Lovers Stop Divorce

Psychological

Depression

 Financial Problems - House Protection Wife & Husband Pro • Childless Couples

 Children Mistakes Court Cases Mortage

· Health Protection Work Problems

Sexual Problems

 Lottery Success in Life

6221 MARBANK DR AT INTERSECTION OF 62 STREET NE

Your essential daily news

Thursday, May 5, 2016

RUSSELL WANGERSKY: WE'RE WITH YOU, FORT MCMURRAY



One thing you can say about our history of moving west for work? It stretches families far apart, but it weaves us together across a big country.

They're talking about Fort Mc-Murray on the St. John's, N.L. Metrobus.

People don't usually talk much on the Metrobus, you understand. But they're talking today, and it's a conversation being heard across the Atlantic provinces, from Tim Hortons in Sydney to small towns in the Annapolis Valley. A simple trip online finds reporters from Newfoundland to Charlottetown to Halifax asking Atlantic Canadians in Alberta to get in touch.

The talk started Tuesday night with the first evacuation order in Fort McMurray. Social media lit up with firsthand tweets and Facebook posts about the fire. Soon, there was a complete evacuation, video showing the fire terrifyingly close, and people at this end of the country posting information about how to make telephone donations to the Red Cross.

On Wednesday, fire officials were watching the weather. expecting wind, and posting grim lists of the areas hardest hit by the advancing fire: "Beacon Hill — 80 per cent loss of homes; Timberlea — 12 trailers lost on Mckinlay Cres."

For so many East Coast workers and their families, Fort McMurray is a long way west, but also the worksite next door.

The oilpatch may be slowing, but it's far from stopped: scores of Atlantic Canadians either travel there for work or have moved to the northern

Fort McMurray is far closer than geography suggests.

Alberta city, putting down roots. Some people (not completely glibly) call it Newfoundland and Labrador's second largest city. Cape Breton could say the same.

It's the great class equalizer on many East Coast flights: workers sometimes use their frequent flyer status to move up into first class, bringing baseball caps and work jackets into the rarefied land of Air Canada's Zone 1.

near as a nepbew or niece.

At The Telegram in St. John's, the news editor reposted Tweets in almost realtime from his nephews, their car turned around by a transformer explosion and forced north out of the city.

One of The Telegram's reporters used to work at Fort. McMurray Today, the city's main newspaper, his daughter, born in the Alberta city. made her parents turn off the

HANG IN THERE You don't have to tell people on the East Coast about the devastation in Alberta — the oilpatch is 'as near as a nephew or niece,' Russell Wangersky writes. MICHAEL DE ADDER/THE CANADIAN PRESS

It also means that Fort Mc-Murray is far closer than geography suggests.

By Wednesday morning. Edmonton was expecting 20,000 evacuees, and thousands more had gone north. It's an evacuation of astounding proportions and it's touching people across this region quickly, people wondering and worrying about friends and family on the move.

How close to home is Fort Mac to people on the East Coast? You don't have to tell anyone here about it — it's as television because she can't watch the fire burning places she knows.

And there's this exchange, posted on Facebook by my niece, recounting a conversation with her four-year-old about my niece's sister in Fort McMurray:

- "Mommy what's going ou?"
- "It's a fire, sweetheart."
- "Is Auntie Christina OK?" "Yes buddy."
- "I don't think so, sweet pea."

"Does she still have a bed?"

"It's OK mommy. She can

sleep here in my bed."

In the office next to mine, an editor hasn't slept, following a friend's journey

 husband, wife, seven-yearold twins and the family dog - north out of Fort Mc-Murray, into huge highway gridlock, then south again, taking their chances along a previously closed highway, until there's a 1:30 a.m. post saying they are safely out of range of the fire: "We were 8 hrs in our car and finally made it out ... It's surreal to not know what exactly we are facing in the next few days."

One thing you can say about our history of moving west for work?

It stretches families far apart but it weaves us together across a big country, as well.

I remember, years ago, talking to a woman who ran a lounge in a small town on the southern tip of Newfoundland's Avalon Peninsula. The town was too small to keep the lounge running, so it was closed most of the time. We were in an airplane, heading west, but she'd flown east to open the lounge for a wake.

She lived in Fort Mc-Murray, working as a manager in a hardware store. Her husband was driving a dump truck at Syncrude - her son, too. At the time, one daughter was working at a rape crisis centre, the other at a vet's office.

Every time there was a wedding or a funeral, she'd fly home to open the only lounge in the area.

There are ties that go both ways, regardless of the distance. And Fort Mac is on Eastern Canadian minds and lips today.

Russell Wangersky is the Atlantic region columnist for TC Media.

ROSEMARY WESTWOOD

metroview

Of course Alberta's wildfire is political. Everything is political.

Burnt-out cars, charred and flattened homes, air soft with smoke in a grey-hued sunrise. The fire had eaten much on its first terrible day, before growing ever wilder and uncontrolled.

"It was just like an apocalypse," one man told CBC Radio, of the walls of flame that lined the highways and kissed the treetops and the black inferno sky above Fort McMurray: the heart of the oilsands.

Until submerged in a fire of biblical proportions, Fort Mac had long functioned as a kind of shorthand for Alberta vs. Canada animosity. The place where bitumen was squeezed from sand, imagined and unvisited by most Canadians who nonetheless hold some opinion about our economic dependence on the oil industry and the threat of climate change.

(Never mind that Fort Mac runs on the work of average Canadians, the brains of the oilsands reside elsewhere.)

Local fire chief Darby Allen called it a "nasty, dirty" fire, adjectives uttered in the past to describe the belabored way oil companies extract their resource from the land, transforming it.

And that metaphor, of Fort McMurray as the heart of oilsands darkness, was on the minds of some as the fire broke: "I'm glad the #Fort-MacFire is happening in the

province most responsible for causing climate change that caused the fire in the first place," tweeted one Vancouver man, displaying gross callousness, even if many others had already, silently, seen a terrible irony.

Far more measured was Elizabeth May who, pressed by reporters, called it "a disaster that is very related to the global climate crisis," according to the National Observer.

Most perversely, some even accused a "disgusting" Alberta Premier Rachel Notley of using the fire to appear to care about an oil town in a display of crass opportunism.

The larger story, of course, has been national dismay at the unfolding tragedy and an unusually united amount of love flowing towards the oil rigs.

But wistful calls for everyone to set aside politics ring false. A wildfire may be indiscriminate, but people and places are always political. inevitably, they taint events, and they will taint this, too.

Before it is satiated, the fire will devastate tens of thousands of people, and the miracle is that no one has died.

The politics is, as always, as you see it. As for any kind of reckoning, the most important is to come, when those forced to flee return to tally what is left of their lives.



Steve Shrout MANAGING EDITOR CALGARY Darren Krause

EXECUTIVE VICE PRESIDENT,

ADVERTISER INQUIRIES adinfocalgary@metronews.ca General phone 403-444-0136

FREE TO SHARE



Philosopher cat now at

CONTRACTOR OF THE STATE OF THE

A three-billion-year-old diamond the size of a tennis ball could fetch more than \$90 million when Canadian mining company Lucara Diamond Corp. puts it up for auction this summer.

You are not what you do

INTERVIEW

Chasing a dream job becomes futile for character

Melita Kuburas Metro Canada



A friend and former colleague who works in journalism once explained her theory about the difference between a "dream job" and a "fantasy job."

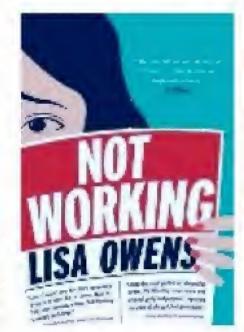
The dream job is attainable; it's something you work towards, she says. A fantasy job is what you wish you were doing when you're totally burnt out. (Hers was municipal parks worker. Mine? Marine biologist.)

But for many adults who don't have a defined career path, the dream job, too, might as well be imaginary.

That's the case in Not Working, the first novel from Lisa Owens, 30, in which the main character Claire Flannery quits a "creative communications" job she dislikes to figure out what she really wants to do.

Claire's time off is spent loitering in coffee shops, pressuring busy friends into just one more drink at the bar, and watching grotesque online videos.

"She has this grand idea that it's going to be this journey of self-discovery that she can direct, and that she can make



herself a better person. Instead it becomes this introspective time of inertia," says Owens.

Her character is smart but self-destructive — a lovable screwball with knack for pointed observation, even in a hungover state.

"Did you not even get dressed?" asks Claire's boyfriend, a doctor, as he comes home to find her re-watching a clip of a sperm whale being dissected. By this point, she has given up on Ulysses.

The idea for the story was partly influenced by a stretch of time off Owens had in between jobs a few years ago.

"I was going to go to all these art galleries and do all of this cultural stuff," says Owens. In reality, she watched a lot of TV and met friends for lunch, which wasn't fun because unlike her, they were busy.

"I was very much aware that everyone else I knew was working on a different clock. If I hadn't had a job to go back to, how would that have felt?" she says, of how the idea formed.

One impact of this ideleness on Claire is anxiety — she inspects every mole with the same suspicion she applies to her well-meaning boyfriend's attempt at words of encouragement.

Without a job and daily routine, everything else suddenly starts to come into question, says Owens, and they do for Claire. Should she be going to the gym more? Is it too late to have children? Does she even like living in London?

The character is in her late twenties, though her exact age is never specified in the book. She's relatable to anyone who has ever dreaded the question "So what do you do?" at a party.

"I think there's a certain pressure on my generation to think that you should feel like, this amazing sense of fulfillment in your day job and I think it can actually be quite dangerous and quite tough ... on people like Claire, who don't really know what that is," says Owens.

The danger, she adds, is they may feel like they're wasting away their potential by working a job that's just a 9 to 5.

"So that was definitely something I wanted to challenge — that idea that 'oh, you should just be absolutely loving everything you do."

Chasing a dream job, then, is probably a waste of time — it doesn't necessarily exist, says Owens.



There is a lot of pressure on her generation to find that "dream job," even though that ideal 9-to-5 doesn't exist, says author Lisa Owens, 30. COURTESY ALEXANDER JAMES



HUDSON'S BAY



\$95 (\$154 value)

L'EAU

D'ISSEY

1711-55-17

TEAU DOISSIE

MOTHER'S DAY IS SUNDAY, MAY 8, 2016

GIFTS MOMS

collection of designer fragrance gift sets at Hudson's Bay.



SHOP THEBAY.COM **NEW AND EXCLUSIVELY OURS**

MICHEL GERMAIN SEXUAL PARIS

\$115 (\$160 value)

sexual Links

Gift Set,

sexual

VALENTINO

Mother's Day Set, \$135 (\$162 value)

DONNA

NARCISO RODRIGUEZ NARCISO Gift Set, \$115 (\$157 value)



CALVIN KLEIN EUPHORIA Gift Set,



NARCISO



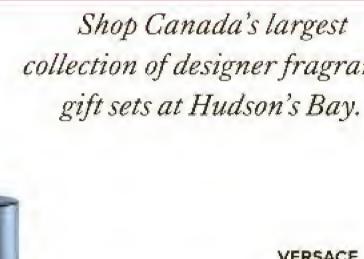
NARCISO





EXCLUSIVELY OURS















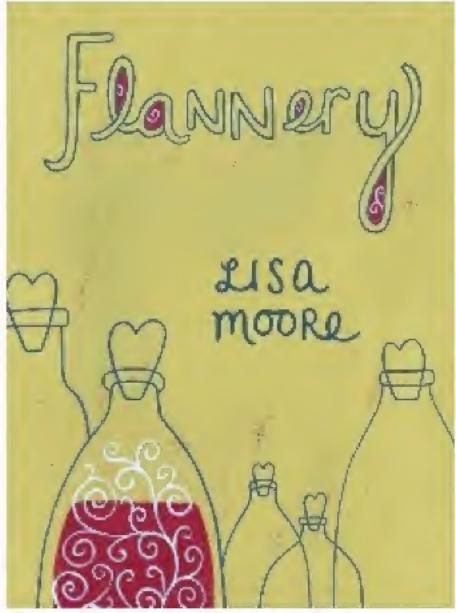


RECEIVE A \$10 BEAUTY COUPON

WHEN YOU SPEND \$75 OR MORE BEFORE TAXES ON COSMETICS AND FRAGRANCES FROM MAY 5 TO 8, 2016. REDEEM IT ON YOUR NEXT BEAUTY PURCHASE OF \$75 OR MORE BEFORE TAXES FROM MAY 14 TO 17, 2016.

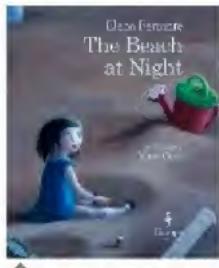
NEW READS FOR YOUNG PEOPLE

Some of the best and most popular authors are breaking ground by writing children's books. Keep an eye out for these five cool picks. TORSTAR NEWS SERVICE



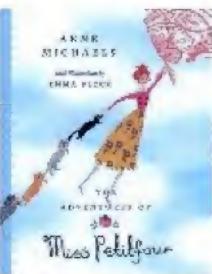
Flannery, by Lisa Moore

Flannery is more than just a romantic confection: Its characters deal with the dissolution of friendship, unrequited love, poverty and parental abuse, while the drug scene lurks around its edges. The potions created by the teenage narrator for class are at first a lark — and then perhaps something more powerful.



The Beach at Night, by **Elena Ferrante**

We don't even know the true identity of this author of the famed Neapolitan Novels series, but now the writer has turned her (or his) hand to kids' books. Originally published in Italian, it's coming out here in English in November.



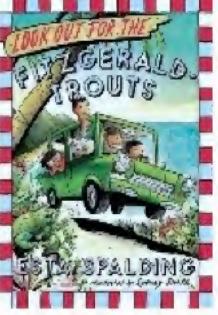
Adventures of Miss Petitfour, by Anne Michaels

Michaels is known for poetry and her big fiction for adults. But she recently turned her hand to children's fiction in this well-received book, beautifully and whimsically illustrated. Miss Petitfour has sixteen cats who accompany her on all sorts of adventures.



Sea Change, by Frank Viva

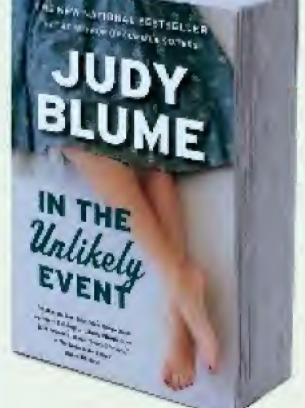
Frank Viva is already known as an illustrator and author of picture books and has won a Governor General's Award for illustration. But he's now moved into writing fiction for young people. This one explores the idea that one summer can change your whole life. There are illustrations integrated into the text, but make no mistake — this book is fiction and a big. change of pace for Viva.



Look Out For the Fitzgerald-Trouts, by Esta Spalding

A debut middle-grade novel from screenwriter and poet Esta Spalding. The four children living in a car are quite able to fend for themselves; it's the adults that mess things up. A few illustrations are scattered throughout, and the entire book is printed in blue type.





Random House

ANCHOR CANADA

Now in Paperback and eBook

back-and on

"Blume can still

adolescent....

A compelling

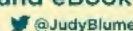
coming-of-age

novel." -Toronto Star

her game." -People

channel her inner

JudyBlume.com f ItsMeJudyBlume J@JudyBlume



Blume talks Tumblr, possible new book

Judy Blume has many projects on her mind.

She recently helped open a bookstore in Key West, Fla., where she lives much of the year. She's starting to promote the paperback edition of her novel In the Unlikely Event, set in her native New Jersey in the early 1950s. She has just launched a Tumble account (judyblumeofficial.tumblr.com), on top of her popular Twitter feed and Facebook page. And, she hasn't ruled out a new book, despite indicating last year that In the Unlikely

Event would be her last.

Her thoughts on this are clearly a work in

"I said the same thing after Summer Sisters," she explained Tuesday in a telephone interview with The Associated Press, referring to her novel published in 1998. "But this time I do mean it, I am done. I think. I think.

"I'm done with

on. But I'm not saying I won't do something smaller, shorter, that doesn't take so long. I have a lit-

long novels. This book (Unfrom her paperback publisher, likely Event) took five Vintage, but she's unsure how years and I am 78, so it's long she'll stick with it. a good one to go out "I certainly plan on staying

tle idea, but I'm

not ready to say

Blume is giv-

ing Tumble a try

with some en-

couragement

anything."

with it all summer, and maybe longer," she said. "When I started tweeting I didn't know if I would like it. I didn't know much about it, but it just got to be fun. I've got friends I never met and I imagine it will be something like that with Tumblr. I hope so. It's a way to have a relationship with your readers that used to come only when they wrote you."

THE ASSOCIATED PRESS.

A classic love tail of a man and his dog

Judy Blume

THE ASSOCIATED PRESS

NEW RELEASE

Author's four legged friend inspires feel-good book

It's a well-known story: Broken man means broken dog and together they make life good

Colin Campbell was a regular guy living a regular life in 2008. He had a nice job, a nice house and a beautiful wife until, as

heartache often happens, he returned from a business trip to learn his beautiful wife didn't want to be married anymore.

"I really struggled," is Campbell's short description of what went down. "I was shocked. There were no second chances. No discussion about it."

Living in Toronto, working hard as he always had, Campbell's friends grew concerned,

suggesting he do something that he had never done before: get a dog. Rambling around his house alone and depressed, he went online to a pet rescue site and found about as much dog as any human might bargain for, the kind-faced George, a 140-pound Landseer Newfoundland, though he was a mere pup, just over a year old, at the time.

George, too, was in need of saving. He had been abandoned. There was evidence of abuse and neglect. He was wary of men in particular, including Campbell, and had trouble with trust.

Together the two healed,



and a move a year later

to Los Angeles worked some magic of its own.

Newfoundlands are water dogs, though George had never had the opportunity to experience the ocean. When Campbell went surfing, George swam right out and hopped on his board, earning accolades over the next three years from the surf crowd at Hermosa Beach and competing a couple of times in a doggie surf competition that raises money for pet rescue.

"I don't think he had ever swam before, but he just instinctively knew how to do it," Campbell said. "He had balance and he had an affinity for it and he did really well. So George went from homeless in Canada to surf champ in California."

All of this, it turns out, made for a great book, Free Days with George, out this month from Anchor Canada, an imprint of Penguin Random House. The title, Campbell said in a recent interview - with the fluffy, white George at his side comes from something Campbell's grandfather used to say, having saved from drowning three Allied comrades on D-Day as they stormed Juno Beach at Normandy.

He, Seymour Wylde Howes III, considered all good days spent doing something you love, with people who love you, free days. "That's a good day," he'd say. "That's a free day on Earth." That's how it felt for Campbell, surfing with George, loving George, sharing George with all of his admirers.

"He went out of his way to try and make things good," Campbell said of his gentle giant of a friend. "As he moved on and got better, he really taught me how to do the same. We were both at a really dark place. When we move to California and he swam in the ocean, it was like a baptism. Like he really discovered his purpose and all the DNA for Newfoundlands who were bred to save people in the water, he figured it out. He came out of the water and he goes, I know what I'm supposed to do. He had a confidence that he never had before."

THE ASSOCIATED PRESS.



WWW.HOUSEOFCARSCALGARY.COM

Bangw Trail

403 454 5794 587 352 7307 403 457 2244

Madeod Trail Medicine Hat, AR

587-289-0981

Stories of the variety store

DEBUT NOVEL

Author sheds light on Korean immigrant experience

Sue Carter For Metro Canada

Sometimes it takes a little push from an unlikely place to fulfil a personal dream. For Ann Choi, a guidance counsellor at a Toronto high school, it came in 2007 when she asked a struggling student what he wanted to do with his life. He responded by asking her the same question right back. Not wanting to be a hypocrite, Choi answered quickly. After all, she knew exactly what she wanted: to write a book.

"That night I went home and

did a lot of soul searching and from that moment on, I committed to writing," she says.

Choi also knew exactly what she wanted to write. Since the early 1990s, she had been holding onto story ideas about the Korean immigrant experience, specifically those of young women who felt torn between the demands of their parents and the desire to be a "typical" Canadian teenager. As a sociology major at University of Toronto, she had worked on a project interviewing Korean-Canadian women and discovered many shared a similar narrative. "There was a lot of frustration with cultural expectations and the immigrant dream," Choi says. "And a lot of frustration with our mothers. We felt a sense of burden because 90 per cent or more of our parents were variety-store owners."

A composite of those women, and her own life, became the inspiration for Mary — or YuRhee—the protagonist of Choi's debut novel, Kay's Lucky Coin Variety, published by Simon & Schuster Canada. Mary, who lives above her parents' convenience store, struggles with hormonally charged teenage emotions and experiences, but still must act like an adult, knowing very well that her first priority is always to her family's business and livelihood—as her mother never lets her forget.

"When other kids got to hang out at the mall after school, most of us were stamping packages of instant soup or working the cash register," Choi says.

For those in the community, Kay's Lucky Coin Variety will resonate in its accuracy and details, but for those who only head into their local convenience stores for milk and newspapers, the book is a revealing look into private lives. "While most everyone knows a Korean shopkeeper, most people won't know about the story behind the counter," says Choi.

For Mary's family — and Choi's, who owned a store on Toronto's Queen West — that meant a life of where families could never eat meals together, and community get-togethers happened late at night. While growing up, Choi loved the intersection of people that came into the store, but it could also be a very scary place, as her character Mary horrifyingly learns.

Choi was also motivated to tell Mary's story to document the shrinking generation of Korean variety-store owners, as a way to both educate her own 16-year-old daughter and to draw attention to the culture

for which she has such pride.

"I wanted to capture all this," she says. "The Korean variety-store generation is now dying off. Our parents sacrificed and put us through school and now, my brothers and I, we don't work in variety stores anymore. Unless we write these stories down my daughter will never know what my parents did, and I did, and what our lives were like."

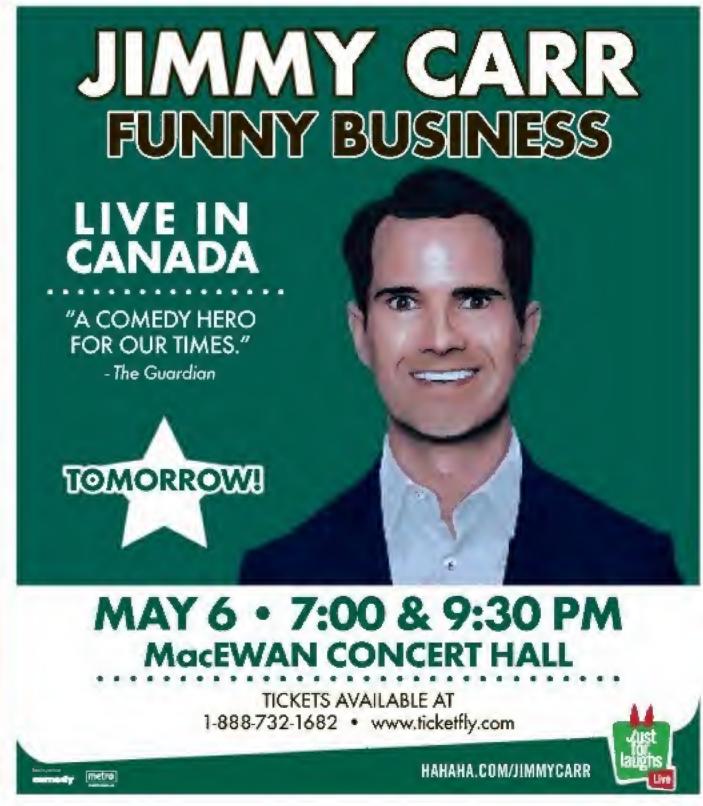
Sue Carter is the editor at Quill & Quire magazine.



Author Ann Choi captures the shrinking generation of Korean variety-store owners in her debut novel, Kay's Lucky Coin Variety. HANDOUT

When other kids got to hang out at the mall after school, most of us were stamping packages of instant soup or working the cash register Ann Choi





With glowing hearts, we go to battle

WE STAND ON GUARD BY: Brian K. Vaughan and Steve Skroce **PUBLISHER: Image Comics**

Mike Donachie Metro | Canada

It's 100 years in the future, and Canada is under attack from its greatest enemy: the United States of America.

This is We Stand On Guard, the utterly delicious tale of a plucky group of ordinary

Canadians facing up to U.S. aggression in a future-tech battle fest that can't possibly disappoint anyone with an adventurous spirit and a concerned eye on Donald Trump.

The fun aspect is obvious, but the adventure thing is part of the cleverness of Vaughan, the award-winning writer of so many other amazing things.

He's made so many rewarding books, especially space opera Saga, with Calgary's Fiona Staples, and the wideranging apocalyptic adventure Y The Last Man, with Pia Guerra.

Both of those are available in collections and are highly recommended as sassy, inventive works.

This week, We Stand On Guard gets the deluxe hardcover treatment, collecting all six issues and including bonus material like new sketches.

It's been compared to Y The Last Man, and that's reason enough to get it.



Put down the joystick

ANALYSIS

Author says video games, porn add to men's struggles

Too many young men are floundering academically and socially. Rather than deal with the difficult real world, they're getting lost in the virtual realities of video games and online pornography.

That's the message in psychologist and Stanford University professor emeritus Philip Zimbardo's new book, Man Interrupted: Why Young Men are Struggling and What We Can Do about It.

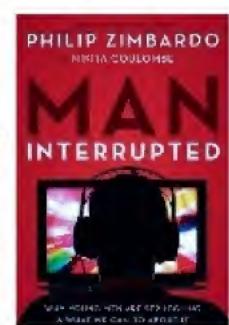
The launch into adulthood has never been easy. What's the evidence that young men are struggling more now?

There are high dropout rates for young males from high school and college. About 70 per cent of high school kids in remedial programs are boys. Women now earn more academic degrees, including medicine, law, business, and Ph.D.s. than men.

Evidence shows that young men are more likely than young women to live with their parents rather than on their own. This is not a phase. Unless there's recognition of this problem and steps taken, it will only get worse.

You call video games and online porn "the deadly duo." What do you mean?

Video games are designed to be addictive. For some young males, it's the only place in their lives where they get recognition, attention, rewards. There's an illusion of connectedness, playing with or against others. They think, here's a world where I can be somebody, all I have to do is keep playing and I'll get better.



The new problem is when they combine that with pornography, which has never before been so accessible. For some young males, it's fascinating and becomes addictive. But it objectifies women and takes all the romance out of sex. The problem with real sex is you have an orgasm, then what? You have to talk to somebody. With porn sex, you can just go back to playing video games. Some young men now prefer porn to sex.

How does online porn affect sexual expectations?

All the men are super studs with enormous penises. They have instant erections that last at least 20 minutes. Young males think that's what I need to satisfy a woman. They don't see the editing or penile injections.

We have a lot of evidence that the more they watch, the more likely they'll have difficulty having an erection. The arousal centre of the brain has been dulled and constantly needs new kinds of stimulation. It's porn-induced erectile dysfunction.

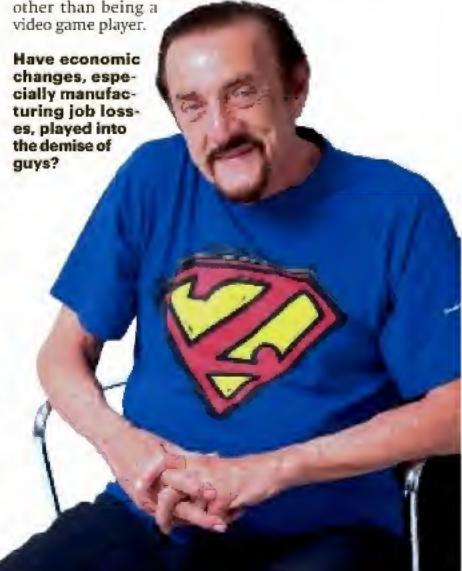
Philip Zimbardo argues video games and online porn are a "deadly duo" for young men. HANDOUT

Why are boys more prone to video game and porn overuse than girls?

In general, boys are more excited visually. But the bottom line is that the makers of video games and porn tend to be men designing for men. A lot of video games are adversarial, playing into the whole male ego of competition and domination. In the future, companies may modify video games content and porn to lure millions of women.

What do you consider overuse of video games?

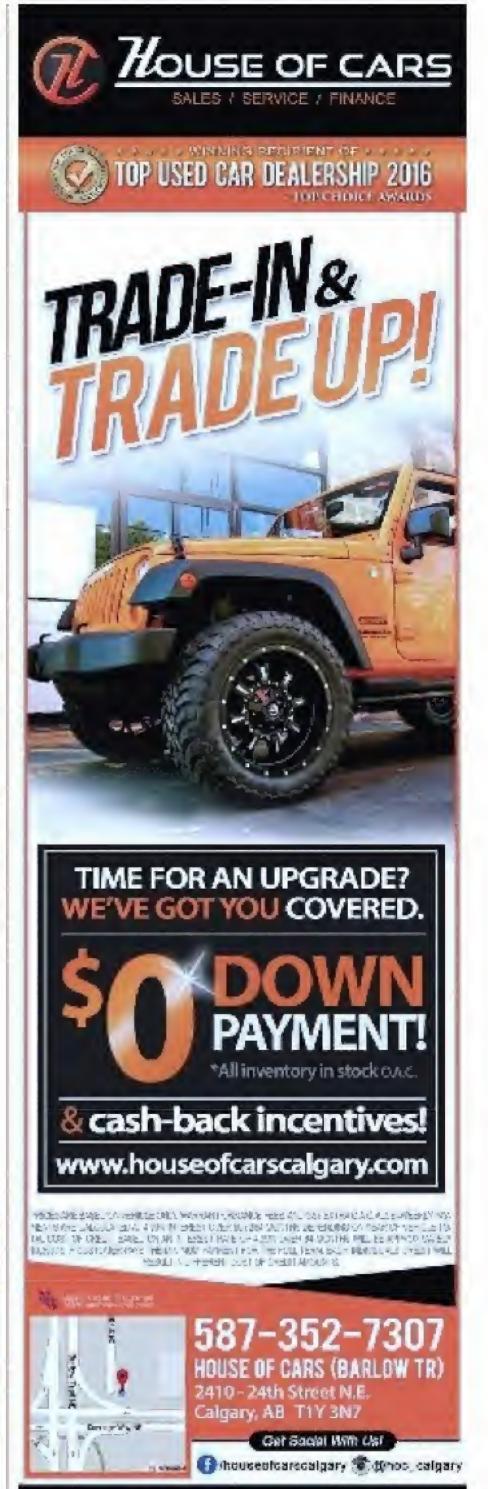
To me, five hours or more a day is excessive. It means you're not doing all the other things that would make you a wellrounded person. You're not developing any talent



It's hard to get a job unless you're well-educated and even then there's increasing competition. People are being replaced by robots and computer technology. The world is a scarier, less predictable place, but there's still the assumption that the man is the bread winner. We carry the old model in our heads even though it doesn't fit reality.

What are some ways to help young males?

Many kids are growing up with single mothers. They've lost male models and companionship in their lives. Men need to step up and be mentors to young males, do guy things together, talk to boys about their future, TORSTAR NEWS SERVICE



Easy 30 Second Online Application

WWW.HOUSEOFCARSCALGARY.COM

403 454 5794 587 352 7307 403 457-2244

Barlow Trail Madeod Trail Modicine Hat, AB

587 289 0981

Joseph O'Connor's writing a bittersweet song

When the Irish novelist Joseph O'Connor reads his books aloud, he almost sings them.

Like his sister, the singer Sinead O'Connor, he is forever searching for "musicality."

In the famously tumultuous O'Connor household, art was a family affair. Joseph, the eldest, began writing at 14 and published his first book at 27.

His youngest sister Sinead was a pop sensation at 21, while his other sister Eimear is a wellknown painter and art historian.

"I hate to say it, but when

home, it teaches you to look at the world (differently).... You're looking down into the bare bones of life very quickly."

The family fell apart when Joseph was 11. Divorce was still outlawed in Ireland, and despite his mother's alcoholism, fathers were almost never given custody of their children.

But despite all the shouting and tears, his parents did manage to pass on their profound love of literature and the arts.

"We were lucky to have

historical Star of the Sea in 2002.

"The house was full of books, they loved the theatre, they loved music and they opened the door to that world as a source of pleas-

He and Sinead also "unconsciously encouraged each other," he said at a books festival in the French city of Toulouse. Her early success helped him persevere with his writing, he said.

"You realize that these sort of things are possible, so (you think) why don't you give it a



Joseph O'Connor, HANDOUT

sure Irish parents apply to their offspring to get steady jobs, "they would be secretly quite pleased



You're looking down into the bare bones of life very quickly.

Joseph O'Connor

it as something we do quite well." O'Connor — who has recently

been made a literary ambassador for Ireland — also rejoices in the fact that neither writers nor art-

tion. But music is still very much the metronome of his existence. He has a vast musical collection and every time he sits down to write he does so as if he was trying to make music. "Everything (in writing) should aspire to the purity of music, which has no borders, which doesn't need language." he said. "I try to really charge every sentence with musicality."

But there is some music he'd rather not listen to: his sister's.

"I don't listen to it much be-









How Marcia went from punchline to real person

Former O.J. Simpson prosecutor now an author

In the televised "15-month nightmare" that was the O.J. Simpson trial, Marcia Clark woke up beaten. "I was just so burnt out. I was emotionally depleted, physically depleted," says the former prosecutor. "I couldn't even conceive of walking back into the courtroom."

She became a kind of punchline, the lawyer who bungled the Trial of the Century, a perceived slam dunk out of the gate. From Saturday Night Live skits in the 1990s to a Tina Fey parody on Unbreakable Kimmy Schmidt last year, Clark was a long-running joke.

But in 2016, more than 20 years later, she's newly venerated, much in thanks to the FX miniseries depicting her courtroom nightmare: American Crime Story, in which actress Sarah Paulson played the former prosecutor to much acclaim, including Clark's. "We are now understood more like real people instead of cartoons," says Clark, who credits the popular series for adding "more layers" to her media portrayal, going behind the scenes with her and legal partner Chris Darden, whom she calls her "rock" during the trial.

"Whenever there's a major public event that gets covered for a period of time everybody kind of winds up being caricatured. That happened to all of us, too."

The anthology series ended its first season in April, but the year is just beginning for Clark, who has become a successful crime novelist. Her latest is called Blood Defense and follows a criminal defence lawyer handling a high-profile double-murder case, which Clark knows a thing or two about.

The O.J. Simpson trial began in 1994 after the murders of



Marcia Clark, former O.J. Simpson prosecutor, has a new book out called Blood Defense, the same year that FX miniseries American Crime Story brought the Trial of the Century back into the spotlight. TORSTAR NEWS SERVICE

Simpson's ex-wife, Nicole Brown Simpson, and waiter Ron Goldman. Simpson was acquitted of all charges after a defence team led by Johnnie Cochran presented the argument he'd been framed by a racist LAPD, a strategy that many feel distracted from the victims.

"Ron and Nicole were the only two words not spoken in that trial," says Clark.

Dubbed the "Trial of the Century," it was one of the most publicized trials in American history and high profile was what Clark had always wanted as part of the Special Trials Unit in the Los Angeles County District Attorney's Office. "High profile meant that maybe a reporter showed up at the arraignment. Your picture was never taken. They barely got your name right if they mentioned your name at all: that was high profile," she says.

But for Clark on the O.J. trial, high profile meant public scrutiny. Her fashion sense was ridiculed on nightly national news, particularly her permed locks (her hair is naturally straight,



We are now understood more like real people instead of cartoons.

Marcia Clark

she says). Her custody battle in divorce court gained unwanted attention. The peak of scrutiny was a National Enquirer piece that published topless photos of Clark on a beach with her ex-husband, a pivotal moment in an episode of The People v. O.J. Simpson: American Crime Story titled Marcia, Marcia, Marcia, which details the unique hurdles Clark faced as a woman in open court.

Naturally, watching the show brought on a "weird mix of emotions," she says. "It's very difficult to go back and remember everything. It digs up all the memories; the pain and the sadness, and the sense of futility that we felt for the whole tenancy of the case."

She'll be reminded again in June, when CTV and ESPN air a new documentary called O.J.: Made in America.

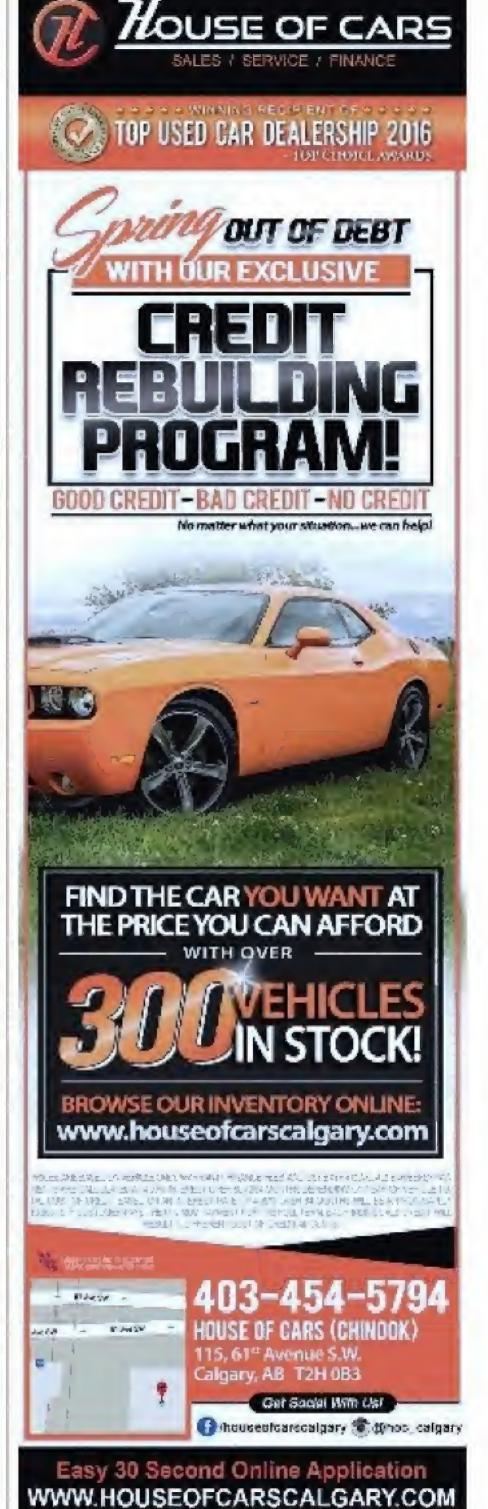
But a silver lining for the formerly misunderstood attorney is that she's become a kind of millennial idol with the FX series. Many of the show's viewers were in diapers (along with Clark's own kids) when the trial made headlines. Now in their 20s and 30s, they're watching the Trial of the Century with a different, "much hipper" perspective than their parents, Clark has noticed.

She's not a punch line anymore but a traîl blazer.

"I just hope that if people see me that way that it's a positive thing. That it's a helpful, encouraging thing," she says.

As for the man at the centre of her televised nightmare two decades ago, Simpson is in prison on unrelated charges and is eligible for parole in 2017.

Is there any doubt in Clark's mind that he committed those murders in 1994? "How could there be any?" she asks. "None."



Banfayı Trail

493 454 5794 587 352-7307 403-457-2244

Madeod Trail Modicine Hat, AB

587 289 0981

THE FACES OF MARCIA CLARK

The People v. O.J. Simpson: Amer- Unbreakable Kimmy ican Crime Story

The Ryan Murphy-produced anthology series starred Sarah Paulson (American Horror Story) as Clark. Her per-

formance was critically lauded and more sentimental than earlier portrayals.

Schmidt

The Netflix series brought on co-creator Tina Fey and comedian

Jerry Minor for three episodes as Clark and Chris Darden in harsh portrayals as buffoons.

American Tragedy

Lawrence Schiller brought his own book to the TV screen in 2000 with this TV movie, which focused more on the defence team and had Diana LaMar playing Clark.

Saturday Night Live

Always. poised to tackle current events, SNL parodied the trial in the '90s, featuring comed-

ians Laura

Kightlinger and Nancy Carell (née Walls), TORSTAR NEWS SERVICE



Good Witch is dangerous treacle

THE SHOW: Good Witch. Season 2, Episode 2 (W) THE MOMENT: Cassie's advice

Cassie Nightingale (Catherine Bell), who magically sells customers whatever they need, is training a new salesgirl in her store (or rather, shoppe), Bell Book and Candle - located on Main Street in Middleton, USA, where it's always Christmas or Halloween. The salesgirl had some accident with her hands, which prevents her from pursuing her dream job. (Or something like that. I might have dozed off. Trust me, it doesn't matter.)

"How can I help?" the sales-

"Oh, there's always something to be done at the Bell Book and Candle," Cassie says, smiling enigmatically.

Sure enough, the salesgirl solders a glass box. She's cured!

I have to apologize to the women of North America. I knew you were tired, but I didn't know you were this

tired. The only reason anyone could watch this show is that they're so stressed, they need this tranquilizer in television form.

Every moment of the series is the same moment, engineered to Iull viewers into a Chardonnay coma: Somebody asks Cassie what he/she should do, and she smiles enigmatically (her sole expression, because her face is frozen stiff).

Lactually worry about Good Witch falling into the wrong hands — this is some weaponsgrade treacle. Vladimir Putin could become the showrunner, bore us into submissive somnolence, and take over Canada while we nap.

So if you're ever on the subway home thinking, "I'm so wrung out, maybe I'll watch Good Witch," call me instead and I'll come brush your hair. No one should be this tired.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The Good Witch has Cassie Nightingale smiling enigmatically

- a lot. CONTRIBUTED

Husband and wife team share Good Wife secrets

INTERVIEW

As series is about to wrap, couple talks their trade

As The Good Wife comes in for a landing after seven seasons, it finds its namesake heroine, Alicia Florrick, facing the same dilemma as when it began: defending her husband, now the governor of Illinois, who is mired in a scandal that could send him back to prison.

Will this crisis reunite Alicia (played by Julianna Margulies) with Peter (Chris Noth), from whom she's been estranged as he awaits a jury's verdict? Or will she finally divorce the man who, in the series' 2009 premiere, was the disgraced Chicago-area state's attorney heading to prison for corruption involving prostitutes? After all these years as a dutiful lawyer, mother and wife, what will be Alicia's future path?

All presumably will be revealed when The Good Wife concludes Sunday at 9 p.m. EDT on CBS and Global.

A legal drama and much more, The Good Wife has been that rare program on a mainstream broadcast network that could stand alongside the cable-network exotica certifying television's new golden age.

The Good Wife has always been genre-defying, neither a copy of anything that came before or, thus far, tempting any programmer to try to copy it.

How could that be?

As Robert and Michelle Kingthe show's creators and executive producers — continue to occupy what had been its Brooklyn offices but now is home for Brain-Dead, their upcoming CBS summer series, this husband-and-wife



Will The Good Wife's current crisis reunite Alicia with Peter? CONTRIBUTED

team recently mused on what made The Good Wife so good. Their edited comments follow:

A robust universe of characters

It's "really tricky" to maintain, said Michelle. "You tell serialized stories with not just your core cast, but with ancillary characters who aren't regular, and you don't have access to those actors on a regular basis. But we wanted to be able to tell what's going on not only with Alicia, say, but also with her mom (Stockard Channing) and her brother (Dallas Roberts)," just two of the show's countless recurring characters. "It becomes a real challenge for everyone in the production to juggle all those actors' schedules.'

Splendid actors inhabiting complex roles

"The writing sets a tone for the actors and then gets out of the way," said Robert. "For instance, in our fourth-ever episode we needed an antagonist, but instead of a mean and angry male lawyer, we thought, 'What if it's a pregnant woman, and what if she uses her pregnancy to break up depositions whenever she wants to: "I feel a pain!"

"Then we brought in Martha Plimpton, who sent that idea into the stratosphere. THEN we needed to have her back, because we wanted to know more of who this character is and more of what Martha would do with it."

Soap with sophistication

The narrative digs deep. At the

same time, it snacks on melodrama as viewers join the show's creators in having their cake and eating it too.

"We want the actors to have real reactions, even to ludicrous events," Robert said.

"In the beginning, viewers were commenting on how the lawyers kept winning cases, which is not very realistic.

"So in the third season, we decided they would start getting prosecuted for (possibly) bribing judges.

"The more you can hang a lantern on any ludicrous elements, the more you can then make the characters respond realistically. We even had Diane Lockhart wondering, 'How ARE we winning so many cases?!"" THE ASSOCIATED PRESS

You want a better life. Job satisfaction. Financial security. Respect. You want to help others. There is an urgent demand for

EDUCATION ASSISTANTS

As an Education Assistant you'll assist elementary and secondary school teachers as they work with students who may require additional support for academic, ESL, behavioural and special needs.

- Wages range from \$20.11 \$30.18/hour
- Become an Education Assistant in just 40 weeks

"Before Stenberg I was working in a pet store earning minimum wage ... I got a job right out of practicum and I can't think of a more fulfilling career." - Kody Lacroix, Stenberg grad



You are invited to an INFORMATION SESSION

Calgary

Tuesday May 17, 2016 7:00 pm - 9:00 pm

> Sandman Hotel Calgary City Centre

888 7th Ave SW Calgary, AB

Please RSVP to

The gift of her

Henrietta Walmark

An annual ritual I share with my ex-husband amuses our daughter, Sofia. On Mother's Day, he thanks me for the gift of her. And I reciprocate on Father's Day. Best thing we ever did, her father and I say to one another in earnest, to eye rolls from the object of our affection.

Sofia was 10 when her dad and I split up, but the tradition of gratitude continued with the three of us gathering for Mother's Day brunches at a local restaurant, a favourite place where we celebrated family occasions and milestones until her father moved to Indonesia six years ago.

Being Sofia's 'mum' — a British-ism acquired honestly from her very English granny — has meant having an ongoing and affectionate relationship with her dad.

That she thanks us for setting an example of mutual respect is more satisfying than any gift or a decadent meal. Which is just as well, as she is 1,400 km away studying at university and we won't be seeing each other

3

Trying to keep up with her fierce intelligence and wild streak has reshaped my life. This Mother's Day, I'll celebrate the great adventure of being her mum.

for Mother's Day this year.

Still our mother-daughter connection runs deep. I was invited to her over-thetop 30th birthday bash last month where all the other guests were 20-something. I had a blast. The party pushed me out of my comfort zone, like so many experiences we've shared.

I ventured into new neighbourhoods and venues at all hours when teenage Sofia's plans went awry. She still apologizes to me for those particularly challenging years.

meal. Which is just as well, as she is 1,400 km away studying at university and we won't be seeing each other. She introduced arty me to the beauty of pure mathematics and physics, which is what you might expect

from a kid who has Euler's equation inked on the inside of her wrist.

Thanks to Sofia, I was no bourgeois soccer mom; I was a circus mom. After several years on the sidelines watching as my preteen daughter mastered flying trapeze, I was coaxed into trying it myself and then kept at it for eight years.

Trying to keep up with her fierce intelligence and wild streak has reshaped my life. This Mother's Day, I'll celebrate the great adventure of being her mum. I'll mourn a second pregnancy that ended in miscarriage. I'll think of friends who long for a child vet can't conceive, and of those who have lost their mothers. I'll remember the deep affection I shared with my former mother-in-law and her long-time companion. I'll recall last year's sweet and unexpected Mother's Day call from my former son-in-law. And I'll spend the day with my amazing mom.

Oh, and I'll be waiting to hear from Sofia's dad. I'll smile to think of Sofia rolling her eyes even though she won't be here when he thanks me yet again for the gift of her.



Henrietta Walmark with daughter Sofia — then 5, now 30 — in Maine together in 1991. CONTRIBUTED

Something a little unexpected

You've given her the tulips, a big box of chocolates, you've even wrapped up some bath salts, body wash or scented soaps. All lovely sentiments for Mother's Day. This year you're looking to give something more unique and a little unexpected. Astrid Van Den Broek shares some ideas.







KITCHENSTUFFPLUS.COM









Tech mom out for Mother's Day

GADGETY GIFTS

Seven great gadget gift ideas to keep her connected

Marc Saltzman

Chocolates are sweet and flowers are thoughtful, but given the fact geek is the new chic, why not pick up mom a gadgety gift for Mother's Day?

After all, today's busy moms could probably use a high-tech hand while on the go, whether it's to stay organized, entertained or in touch with those who matter.

And unlike a spa treatment, a tech toy lasts more than an hour. If you need some suggestions



for Sunday, May 8, the following are some gadget gift ideas - ranging in price from \$59 to \$549.

For the workaholic

Can't decide whether morn could benefit from a laptop or tablet? You don't need to choose with the Dell Inspiron 11 3000 (from \$499.99), a versatile 2-in-1 that transforms from one mode to another. When you no longer need a keyboard and trackpad, simply bend back the 11-inch screen 360 degrees

and use your fingertips on the touchscreen to swipe through movies, TV shows,

ebooks, games, and photos. Powered by a 6th Gen Intel Core processor, this hybrid also enjoys long battery life of up to 7 hours between charges.

For the bookworm

"Books are a uniquely portable magic," said Stephen King-and you can give the gift of magic with an ebook reader for avid readers. In fact, the Kobo Aura H20 (\$179) is the first premium waterproof ereader, so it can be brought into the tub, by the pool, or to the beach. The antiglare e-ink screen can be read clearly in bright sunlight, or take advantage of the integrated light

to read while curled up in bed, rather than disturbing a sleepy partner with a night table lamp.

The Kobo eBookstore features more than four million

titles, plus you can borrow ebooks for free from your local library. Battery life lasts tops two months between charges.

For creative types Whether mom's a

budding photographer, artist, writer or scrap-booker, the Epson Expression ET-2550 EcoTank Allin-One (\$399) lets you print for up to two years before you need to refill the ink tanks. Yes, you read that correctly. This Wi-Fi-enabled printer/scanner/copier has an ink yield of 4,000 black and 6,500 colour prints, and can print up to 9.2 pages per minute for black and 4.5 pages for colour. And when it's time to replace the ink, each bottle only costs \$18 per colour. For the coffee lover How nice would it be to wake up, reach for your phone or tablet and tap an app that tells your coffee ma-

chine to make you

that perfect cup of Jo?

It's possible with the Nespresso OriginalLine Prodigio (from \$269), the first smartphone-connected machine from the Swiss company. Using Bluetooth technology, the machine seamlessly links with the Nespresso app to allow you to prepare coffee remotely with just a few taps, plus it also helps with capsule stock management, brewing schedules, maintenance alerts, and more.

For fitness fanatics

If you think your exercise-loving mom would appreciate a more comprehensive fitness

tracker than what she's using now, HTC and Under Armour have partnered to create UA HealthBox (5549), a connected health system that tracks and manages your activity, fitness,

sleep, and nutrition. In the box you get a wearable UA Band (for the wrist), a UA Heart Rate monitor (with chest strap), and a smart UA Scale

(measuring weight and body fat) — all of which con-nect wirelessly to the UA Record companion app for Android or Apple iOS.

Each device sends data to your device, illustrated on a dashboard within the app, plus you're provided with information and motivation to help achieve fitness and health goals.

For the 'socially connected'

Mom may want a smartwatch, but she doesn't want to sacrifice style for functionality. Engineered

by HP, the Isaac Mizrahi Smartwatch (\$299.99) is available in two Swarovski Crystal-outlined faces in silver and gold-tone stainless steel, and the leather strap is available in five interchangeable colours. Compatible with both iOS and Android phones, this classic watch may have an classic analog face, but

it shows message notifications (calls, texts, emails), real-time calendar alerts, social media updates, pedometer and other fitness info, and much more.

For mom with a green thumb Newsflash: Bluetooth can help your green thumb. The Parrot Flower Power Wireless Plant Sensor (\$59.95) is a smart gardening gadget capable of assessing your plants' needs and sends alerts to your smartphone. Simply insert this doohickey into the soil and let its four sensors do the work.

Then look at the accompanying iOS or Android app for real-time info related to sunlight exposure, soil moisture, temperature, humidity and drainage.

1 Epson Expression ET-2550

EcoTank All-in-One, \$399. Isaac Mizrahi Smartwatch,

O Dell Inspiron 11 3000, from \$499,99.

 Nespresso OriginalLine Prodigio, from \$269.

UA HealthBox, \$549.



The Camera Store

Mother's Day Savings

April 29th - May 12th, 2016

Canon EOS Rebel T5i 18-135 IS STM with Bonus Accessory Kit

The flagship of the spectacular Rebel Line, the EOS Rebel T5i, is here to renew your artistic side with amazing imaging features and full-featured functionality. Users will be impressed at how simple and intuitive it is to create breathtaking. photos with ease. The incredible image quality and performance starts with an 18.0 Megapixel CMOS (APS-C) sensor and Canon's superb DIGIC 5 Image Processor. Combined with an extensive ISO range of 100-12800 (expandable to 25600 in H mode), the EOS Rebel T5i boasts crisp. detailed images, even in low-light situations. And the performance doesn't stop with photos. EOS Full HD Movie mode with Movie Servo AF makes shooting high quality movies easy, and the brilliant Vari-angle Touch Screen 3.0-inch Clear View LCD monitor II makes composing fun.

SAVE \$280 Price \$841.82



Canon Rebeitsi

Canon Powershot G5 X with Bonus Wrist Strap

The first PowerShot G-Series camera to incorporate a full-featured 2.36 million dot electronic viewfinder, this amazing PowerShot makes it simple to compose, set and capture high-quality stills and video.



PowerShot G5X



By unit and dollar shares, as sourced through the NPO's Retail Tracking Service from October 2008 to January 2016 for the Digital SLR Camera category in the Canadian market.

802 - 11TH AVENUE S.W. CALGARY | (403) 234-9935 | 1-888-539-9397



* www.thecamerastore.com

GIVE IN COLOUR

MOTHER'S DAY IS SUNDAY, MAY 8TH



Indigo

Chapters

Coles

indigo.ca

Indigo, Chapters, Coles and indigo.co are trademarks of Indigo Books & Music Inc.

Your essential daily news

Fiberglass igloos being used by Hawaiian church as form of non-profit housing

MEET THE CONDO



Project overview

Residents will enjoy Sandgate's fitness centre, guest suites, patios with barbecues and lending library and they'll also love living within walking distance of Mahogany Lake and all of the community amenities. The pet-friendly condo development boasts personalized interiors with designer features and finishings.

Housing amenities

Over 3,000 square feet of landscaped green space extends living space outside with a 1,300 square foot fitness centre inside, which means homeowners can work out right at home. The Great Lawn spans over 2,500 square feet with beautiful walking paths not to mention the library.

Location and transit

Sandgate is accessible and conveniently located within walking distance of the beach, retailers, restaurants, walking paths, green space and more. Transit already exists in Mahogany, and there's a future Green Line planned, Macleod Trail and Deerfoot Trail are also

In the neighbourhood

The community offers Calgary's largest lake and beachfront, a 22,000 square foot Beach Club, 74 acres of wetlands, walking paths, gathering places and more. Mahogany Village Market is under construction and will feature shops, restaurants and more.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

Builder: Hopewell Residential Location: Mahogany Building: A four-building project with a fitness centre and a library

Sizes: Ranging from 601 to 1,087 square feet Pricing: From the low \$200s

Suites: One-bedroom, onebath and two bed, two baths Status: Building One is

under construction now Sales Centre:

6 Mahogany Terrace S.E. Hours: Monday to Thursday, 2 p.m. to 8 p.m., weekends and holidays 12 p.m. to 5 p.m.

Email: info@ hopewellsandgate.com

Phone: 403-475-9464

Website: hopewellsandgate.com



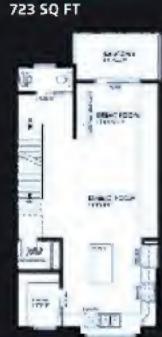


ENTRY FLOOR 281 SQ FT

FROM
\$380'S*

OPTIONS
4th bdrm
Spice Kitchen
Walk-in Pantry
Fireplace

MAIN FLOOR



UPPER FLOOR



TEATURED SPECIFICATIONS

- Personalize one of our six townhome models with options like an expanded pantry, spice kitchen, 4th bedroom, recreation room and so much more!
- Choose from over 100 interior finishes available from our StyleMagic Design Centre.
- Experience one of our three finishing levels in every home, ensuring you the home you've always wanted.

2 & 3 BEDROOM TOWNHOMES
WITH GARAGE | FROM 1196 - 1763sq. ft.

\$285'S_{+GST}

Monthly Payments from \$1375

Qualifying Income \$54,969

12313 REDSTONE STREET NE

SALES CENTRE HOURS MON TO THU 2 - 8 PM SAT/SUN 12 - 5 PM 587-352-0830 Brand new models.
Brand new pricing.
Brand new core specifications.

Jayman

jayman.com/motif

Jayman.com

Performance lives here.

36 Thursday, May 5, 2016 metr@HOME



STILL SELLING

Bridgeland Crossings 2:

With its ideal location close to all amenities and within walking distance of downtown, this 11-storey building is in the heart of Bridgeland. Visit the Presentation Centre at 824 1st Avenue N.E.

NOW SELLING

Ven by Bucci: Located in the central community of Sunnyside, Ven Condos features 115 residences ideally situated on a quiet street just 150 metres away from the Sunnyside C-Train station. Visit the 2nd Floor, 306 10th Street N.W. for more informa-

PRE-SELLING

Evolution by Embassy Development Corporation:

Currently under construction in Calgary's newest community, the East Village, this project will be located at 5th S. and Riverfront Ave. S.E. Visit evolutioncalgary.com.

What's hot on the market DIY heirloom tea towels for mom

Favourite recipe can be ironed on

Pretty tea towels are a useful addition to any kitchen and are extra special when printed with cherished family

recipes. Ensure that you Turn treas-"mirror" or "flip" ured recipes into the image so that it thoughtful keepprints backwards sake gifts perand the recipe fect for Mother's can be read. Day using iron-on

transfers. Raid your family's recipe box for that treasured recipe to make these gorgeous towels. Then wrap them up with baker's twine with a special cookbook and you've created a unique gift.

Step 1: Gather and shop for the supplies

You will need:

- · A cotton or linen tea towel
- · Iron-on transfers for light-

coloured fabric

- Handwritten recipe
- · Iron (you don't need a steam setting)
- · A scanner, computer and printer

Step 2: Choose a recipe and scan it into a computer

Scan the recipe. We

scanned the im-REMEMBER age in colour and again in black and white. Alter the image using image

software if you like.

Step 3: Print it out Before selecting the image to be printed ensure that you remember to "mirror" or "flip" the image so that it prints backwards. When you iron it onto the fabric it will appear the

correct way. Print the image onto the transfer paper according to the manufacturer's directions.

Step 4: Trim the printed design

If desired, trim the printed design, leaving approximately 1 inch (2.5 centimetres) around the printed area.

Step 5: Place and iron the design onto the tea towel

Place the printed design print side down onto the fabric. Iron the design on to

> the fabric according to the manufacturer's directions (do not use a steam setting).

> Let cool. Carefully peel away the backing paper to reveal the design.

TORSTAR NEWS SER-

RENO/DEPOT®



Priors may vary after May 11, 2016, if there are any market variations. Prices do not include taxes. For our current promotions, we reserve the right to lim it quantities to 15 units of the same product, both for professional and the general public. We street or make a fair and truthful advertising. Human or mechanical errors could occor. In the event of an error, a notice will be printed in store and we will, make every reasonable of instancemmudate our customers. Some prudects may differ from photos. In this case, prudect description will prevail.

INVENTORY OPPORTUNITY!

Last Chance to Buy at University City!

at Brentwood Mall

UNIVERSITY CITY.CA

Across the street from: UNIVERSITY OF CALGARY

FOOTHILLS MEDICAL HOSPITAL

Near

Near: SAIT POLYTECHNIC CAMPUS

-0				
Į	UNIT NUMBER	UNIT TYPE	WAS	IS
	#404	1 Bed, 1 Bath	\$302,900	\$229,900
ĺ	#305	1 Bed, 1 Bath	\$274,900	\$229,900
ľ	#1305	1 Bed, 1 Bath	\$309,900	\$229,900
i	#306	1 Bed, 1 Bath	\$301,900	\$229,900
i	#406	1 Bed, 1 Bath	\$302,900	\$229,900
Į	#506	1 Bed, 1 Bath	\$303,900	\$229,900
ľ	#606	1 Bed, 1 Bath	\$304,900	\$229,900
I	#806	1 Bed, 1 Bath	\$306,900	\$229,900
	#1306	1 Bed, 1 Bath	\$320,900	\$229 900

100 Metres from the: BRENTWOOD LRT STATION



Across the street from: UNIVERSITY RESEARCH PARK

Near:
ALBERTA
CHILDREN'S
HOSPITAL

MOVE IN AS QUICK AS 30

SATURDAY MAY 7TH ONLY! 10AM SHARP! Only 9 units remain, all at 1 price

Visit our sales office at the Brentwood Village Mall or call 403-457-1750





RIO+CAN



First-time homebuyers tips

Plan ahead, expect the unexpected, says real-estate expert

Buying your first home is an emotional time. The entire process of viewings, making offers and finally getting the keys is full of excitement, fear and anticipation. First-time homebuyers — or "property virgins," as they were called on the hit HGTV show — have a lot to learn as they navigate the real-estate waters for the first time. Erica Nielsen, VP of Home Equity Financing at RBC, offers five pieces of wisdom to help buy with confidence:

1. Know what you can afford

Many first-time buyers start their home search by asking what neighbourhood they want to live in. "This can lead to disappointment," says Nielsen. "They get their heart set on a certain neighbourhood and then find out they cannot afford it." Be realistic about what you can afford and look for homes within that price range.

2. Consider the hidden costs

There's more to the cost of owning a home than just your mortgage and utilities. "There's the

first time you go to shovel your walk and realize you don't have a snow shovel," says Nielsen. While a shovel is a small expense, add to that a lawn mower to cut your grass, painting supplies, and all the miscellaneous items that come with owning a home — not to mention maintenance costs — and you could end up spending a couple of thousand dollars a year that you hadn't anticipated.

3. Seek advice from various people

Buying your first home can be a daunting experience. Surround yourself with people who can provide you with advice on everything from how to purchase your home to how to secure financing and ultimately how to maintain your property. "It's the single biggest expense you're ever going to have in your life," says Nielsen. "You need all these kinds of specialists in your community to provide you with the competence for that purchase."

4. Keep your lifestyle in mind

Mortgage payments, property taxes, insurance,



Plan ahead when looking to buy a home by setting a budget to account for emergencies and little extras. STOCK

utilities ... all these bills and more can seriously change the lifestyle you've grown accustomed to. Consider how much you spend on entertainment, education and vacations and ask yourself what you're willing to give up to own your own home. "Sometimes that means waiting longer, saving more before you get into the market," says Nielsen, who advises first-time buyers to consider all the components that make for a satisfying life and weigh these against home ownership.

5. Look ahead

When Nielsen and her husband purchased their first home, their financial adviser asked her to consider what her life would look like several years down the road and to purchase the biggest house she could afford rather than settling for a "starter home." Nielsen sat on the sidelines for a while until she was able to save enough money to buy a family home with an extra bedroom. "That allowed us to have two children and not have to move," she says.



Save like an RBC° Employee.

IT'S BACK! Get the same great mortgage rate as our employees, complete with our flexible prepayment options. Plus, our mortgage specialists will meet you any time and anywhere, including evenings and weekends.

1-866-864-0420 or visit rbc.com/employeemortgage



1. Eligible mortgage applications must meet our standard lending criteria and be started April 4 to July 8, 2016. Rate commitment is a maximum of 120 days from start of application at which point interest rate guarantee expires. This offer may be withdrawn at any time without notice. 2. Offer ilmited to new 4 and 5 year fixed term closed residential mortgages and to eligible applicants only. Residential mortgages only. Subject to Royal Bank of Canada lending criteria for residential mortgages. Offer cannot be combined or used in conjunction with any other special offers. Other terms and conditions may apply. Employee Rates are discounted rates of Royal Bank of Canada. Employee Rates may be changed, withdrawn or extended at any time, without notice. Offer not available for construction draw mortgages or for any amendment to an existing mortgage with Royal Bank of Canada, including a portability transaction, an advance of additional funds or a renewal. ® / Trademark(s) of Royal Bank of Canada.

RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Inside out, outside in

How to turn outdoors into a summer haven

Andrea Janus

If your home has even a few square feet of outdoor space, it's that time again to tackle the job of getting it ready for the few precious months you have to enjoy it.

Getting the patio, rooftop deck or solarium summer-ready doesn't have to be a daunting task, especially if you take time to consider a key question.

Think about what function you want the space to serve, advises interior designer William MacDonald of WillMac Design. Is it a space to dine al fresco on warm summer nights, or a place to put your feet up with a glass of wine and the Sunday paper? If your space is big enough for both, great.

But in a space with limited square footage, like a solarium or a condo balcony, "it's important to make a choice," MacDonald said.

"You have to base your design ideas in reality."

Answering this question may involve spending some time in the space before making big decor investments.

"Get a stool and sit outside and see what times you like to be out there," MacDonald said.

When you're ready to move on to decor, approach the outdoor space as you would your indoor space: invest in good-quality larger pieces - like dining sets, chairs and loungers.

"It's a good investment," Mac-Donald said. "You'll only buy them once."

Opt for neutral tones, like black, brown, grey, white or cream, and then you can go cheap and cheerful, not to mention colourful, for accessories like outdoor rugs, pillows, poufs and blankets.

Current colour trends include jewel tones - think orange, turquoise and yellow — but softer pastels appear poised to make a comeback in the next year or two, MacDonald predicts. Dusty blue, lilac and rose make for a very traditional look, but also hold up well outdoors because they don't show dust as much as darker tones.

Whether your space is for dining or lounging, or both, everything that goes in it is affected by one key factor: the weather. Make sure your decor can withstand sun, heat, wind and rain, MacDonald says.

That means hurricane lanterns to hold candles, weather-



Invest in quality neutral furniture and explore colour trends with inexpensive accessories. ISTOCK

Condo, villa or fort: make it happen with 2.24% APR*.

Talk to our' specialists about our 2-year fixed rate mortgage.

Call 1 866 747 8124 or visit pcfinancial.ca/home



That's just good banking.

*Annual Percentage Rate (APR) is based on a new \$400,000 mortgage for the applicable term and a 25-year amortization at a rate of 2.22%, assuming a Property Valuation Fee of \$250. Closed martgages only. Rates shown for the applicable term are the PC Financial special discounted rates and are not posted rates of PC Financial. Offer may be changed, withdrawn or extended at any time, without notice. APR means the cost of borrowing for a loan expressed as an interest rate. It includes all interest and non-interest charges associated with the mortgage. If there are no non-interest charges, the annual interest rate and APR will be the same. Rate subject to change without notice. Offer cannot be combined with other offers and is not available on variable rate, basic or cashback fixed rate mortgages, existing PC Financial mortgages or mortgage renewals. Minimum principal amount for a President's Choice Financial mortgage is \$35,000. Mortgages are subject to credit approval. Not available in Quebec. Conditions and restrictions apply; ask for details, *PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. 'President's Choice Financial personal banking services are provided by the direct banking division of CIBC. Banking services not available in Quebec.

proof fabrics like Sunbrella for pillows, cushions and umbrellas, and outdoor rugs.

And don't forget about lighting. Standing lamps work well in smaller spaces. Uplights, which sit on the ground and project lighting upward, can be planted around a garden or patio, while electric candles can be spaced at intervals around a balcony or rooftop terrace.

Finish off the look with some greenery: a handful of large outdoor planters for a big space or boxwood to line a smaller space.

TIPS FOR SAVING ON OUTDOOR DECOR

Buy off-season: Good-quality patio furniture can cost as much as indoor items. so buy your big pieces over the winter, MacDonald says. "You'll get a better price, and you'll get it on time."

Play the long game: If you can't buy everything at once, buy the big, must-have items first (tables, chairs) and add

accessories as you can.

Repurpose: Buy outdoor furniture that can be brought inside to a solarium or living room for the winter, and "re-merchandize" accessories from the patio around the house. Chinese garden stools, for instance, can be added to the living room, powder room or bedroom.

Small, outdoor space? Consider a raised bed

Not everyone has a traditional yard with ample space for perennial gardens and a vegetable patch. Despite this, clever green thumbs are maximizing the space they do have to grow a variety of edible crops.

Here are a few tips that will give you a head start on your garden.



A raised bed kit is ideal for small areas, DONNA GRIFFITH

Consider your space's growing conditions

Most vegetables, especially the heat seekers — tomatoes, pep-pers, cucumbers, etc. — require at least six to eight hours of sunlight a day to bear flowers and then fruit. Take a few days to assess where the sun moves in your space throughout the day to make sure you get enough light. If your space is windy, consider using a shield to protect your plants.

One great thing about raised beds is they can be placed anywhere, making them ideal for a small, urban yard, where the soil may be poor quality. Patio stones and decks are also great space candidates. If all the sunlight happens to shine on your driveway, for example, consider a long, narrow raised bed that runs alongside or some other type of raised bed structure that will still fit when the car is parked.



Vertical gardens maximize SPACE. DONNA GRIFFITH

Grow up, up, up!

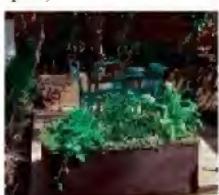
Vertical gardening isn't a new buzzword, but it's one that continues to gain traction as green thumbs get creative with their growing structures. To grow vining veggies, install a small trellis system to train plants to grow upwards towards the sky. This also leaves more space in the actual garden to grow other things. You can also buy or build tiered structures with "drawers" you can fill with soil and plant greens, like lettuce or herbs, which thrive in a shallower space.

Upcycle a raised bed

Antique markets, your parents' backyard, these are both places where you may find items you can upcycle into a garden. Old wooden washtubs, wine barrels, wooden suitcases, you name it. Stock tanks are another modernlooking option that you can buy new or used. And an old table can easily be transformed into a mini-salad garden.

Consider gardening in fabric pots

Fabric pots come in all shapes and sizes and because they're so lightweight, they are perfect for balconies and rooftops. (Note: If you are gardening on a balcony or roof, be sure to look into weight restrictions before introducing a raised bed to the space.)



Fabric pots are easy to store. JOSHUA WHITE FOR WOOLLY POCKET

Many fabric-raised beds are deep enough to plant root vegetables. The best part is you can empty them out and fold them up (be sure they're dry first) for the winter months, pulling them out again next spring. This also makes it easier to bring your "raised bed" with you when you move. Les Urbainculteurs and Woolly Pocket have online shops that sell fabric-raised beds.

Consider a kit

Kits may seem pricey, but consider them a long-term investment. Local companies, such as Freedom Growing, offer raised bed kits perfect for a small area that gets a lot of sun, like the corner of a patio or balcony. And everything you need to put them together will be delivered right to your door. If you don't have the tools, borrow them from a neighbour or a local toollending library.

Some companies will deliver a raised bed kit, build it and bring along the soil required to fill it.

When decluttering, something's gotta give

HOME ORGANIZATION

Getting rid of excess stuff is liberating, experts say

Tanya Enberg

If you're dealing with a home long overdue for a makeover, remember this: The items you remove may be more important than the ones you bring in.

Yes, lately it seems the war against too-much stuff and clutter is reaching new heights, thanks to the meteoric rise of Marie Kondo, a tidying guru and author of the New York Times bestseller, The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing.

Kondo's lessons include a howto guide for creating the perfect sock drawer and dismissing, with gratitude, any item that no longer sparks joy.

But while creating serene, functional spaces may seem like a refined art of late, it's certainly nothing new.

Since 2005, Clare Kumar has been making personal spaces feel lighter and more manageable through her professional organizing company, Streamlife. To achieve this, usually something's gotta give.

In other words, the process likely involves hauling some stuff out.

The first step, however, is deciding how a particular space will be used.

"Is it music, television, is it game playing, is it reading?" asked Kumar.

"What are the three to five activities you hope to accomplish in that space? Then, identify how you want that space to feel and how many visual things you have



Professional organizer Clare Kumar says to set priorities when decluttering. JONATHAN NICHOLLS

around you."

Once those priorities are set, she says you can begin to "liberate" items that no longer have purpose.

"It's much easier to let go if you've got your priorities clear in your mind," she explained.

"Instead of the angst of letting go, I like to look at it as setting something free so maybe someone else can enjoy it, and maybe that also liberates your space to embrace those things you've chosen as priorities for the life you're living now, not the life you used to live. Is it really doing what it needs to do for you?"

Growing up, Erinn Clark was taught the value of organized

Her mother, a dedicated minimalist, was known to appear with a garbage bag in hand and ask Clark and her siblings to toss out toys they no longer used.

The family often shopped at second-hand stores and exchanged modest gifts on special occasions. Her parents preferred to give "experiences over stuff." she recalled.

"There was always a special toy or two, but the big gift was driving to Buffalo and getting a night in a hotel with a swimming pool," said Clark.

Those early lessons stuck.

Clark and her husband strive to pass them along to their three children, ages four, six and eight, though it hasn't always been

"Our first real battle was when we had our first child," said Clark.

"At the time, we lived in a 700-square-foot bungalow and we really didn't have much space. We received so many hand-medowns and gifts, clothes, toys and stuffed animals, it was get**CLARE KUMAR'S** FOUR-STEP 'PLAN'

P: Is for 'prioritize.' Map out how you want to use a room and how you want it to feel.

L: Is for 'liberate.' This means letting go of pieces that no longer serve a purpose for the life you want. to live.

A: Is for 'arrange.' This means organizing the furniture and contents you've chosen to keep. Aim to make items accessible and well preserved.

N: Is for 'nurture.' Take care of your belongings, put them away and "regularly edit, examine consumption patterns so you're not creating this pressure situation again," Kumar advised.

ting incredibly overwhelming."

According to Kumar, a common roadblock to parting with our belongings is guilt.

"It might be something that you've paid a lot of money for, so you're feeling guilty about that," she said.

"There is a lot of permission that comes into this, for people to give themselves permission to let go of x, y and z and say, this is my life and my space and I get to shape it."

Clark and her husband quickly made peace with clearing out unnecessary items.

"Gifts were the hardest to deal. with because there was a feeling of needing to appreciate them, but we just didn't have room for everything," she says.

"We began re-gifting, passing them along, or donating to charitable organizations. At first, we felt kind of guilty for passing along brand new baby gifts, but soon it felt pretty good to get it out of the house."

Recently, the family moved from Toronto to Vietnam, a process that forced them to closely re-examine their belongings.

They kept the items they used daily, along with expensive ones they would use in the future, and a few personal treasures, including sweaters hand knit by family members and artwork made by their children.

"All the rest can go because we know someone else might find it more useful than us or might love it more than us," Clark said

Moving or undergoing home renovations are common catalysts for finally dealing with accumulation, Kumar says.

"I can't tell you the number of homes I've been in that have had a main-floor renovation and before it started, they put everything in the basement instead of making long-term decisions for it - they're deferring decisions."

When reimagining a space, less is often more, says Kumar.

"Work to understand what the space can take and how much you have to let go to preserve the vision you're aiming for," she said.

"It might mean reducing 30 per cent."

Lynn MacDonald and her husband regularly clean house. With two girls, ages three and six, MacDonald says it's an "ongoing process."

"We are a busy working family and things get messy by the weekend. We try to do a family clean and decluttering, sending items to the charity shop or handing clothes down to friends, aspart of our routine.

"My husband can't stand clutter. I bought him the Kondo book, he read it straight away, and I know he is aching to send it to the charity shop, but I am insisting he holds onto it until I have a chance for a good read of it."

BUILD ON WHAT YOU'VE GOT

How home additions are stacking up

With real-estate markets varying across the country, the days of buying a starter home and then moving as the family grows may be over — or at least, on hold.

Additions or extensions to the home are becoming increasingly common, says HGTV interior designer and contractor Melissa Davis. This is especially the case in urban centres where homes are older, and smaller.

"Homeowners stick with the house and make it what they need it to be as their family grows and their finances improve," Davis said.

The most common additions include adding a living room beyond the kitchen at the back of a home, or moving the kitchen from elsewhere so it opens

onto the backyard or garden, Davis says.

"The trend is to do the back elevation on the main floor as all glass," she said. "If it's a more traditional home, it's a series of French doors, and if it's a modern home they will go with the accordion doors."

With a two-level addition, the second-storey typically includes turning a smaller bedroom into a master suite, complete with a walk-in closet and spa bathroom that has a separate shower and big soaker tub, she said.

Before work on an addition can get started, however, there are mandatory steps homeowners must follow. That process typically starts at city hall.

There's a cap on how much

structure can exist on a given lot, and that can vary by neighbourhood.

If your city says your home has maxed out its allowable space, or if your plans for the addition go beyond what the zoning bylaw allows, all is not lost, says contractor Evan Bramson of Bramson Construction.

You can apply for an adjustment by submitting your architect's plans to a city adjustments committee.

"Typically, the rules are if another neighbour has already been awarded an adjustment similar to the one you're asking for, you're likely to get it," he said.

Once that is done, a contractor will want to see that proper checks have been done for wires and pipes underground, Bramson says.

When work begins, you can leave more than the construction to the contractor, he says. Let them lead what he calls "neighbour relations" as work gets started, the noise gets louder and the neighbourhood gets dustier.

"The best person for the neighbours to be mad at is the

general contractor because I'm going to leave and not be there ever again," Bramson said. "But the homeowner has to live with that neighbour for the rest of their lives."

ANDREA JANUS



Common additions open up a home to the backyard. CONTRIBUTED



Get a mortgage for the home you're into.

We know that every home buyer is unique. Whatever home you're into, we can help with a great rate and expert advice to get you into the home you want.

Visit a branch or have one of our Mortgage Specialists come to you.

BMO



We're here to help.™

bmo.com/smart

*2.61 APR

"Available on the 5-year Smart Fixed Closed Mortgage. Annual Percentage Rate (APR) based on a \$350,000 mortgage, 25 year amortization and an appraisal fee of \$300 which may be required to complete your lending application. Appraisal fees are subject to change. An increase in the appraisal fee may result in an increase to the APR. Applications must be submitted by June 30, 2016 and funds must be advanced by September 28, 2016. Subject to meeting Bank of Montreal's usual credit criteria. This offer may be changed, withdrawn or extended at any time without notice. Other conditions may apply. This special offer is not available for the regular 5-year fixed rate closed mortgage or Homeowner Readitine*.

"I've always wanted to go against Wade in a playoff series": LeBron James eyes a possible Eastern Conference final vs. his former team



Bob Hartley led the Flames to a record of 36-40-7 this past season. GENE J. PUSKAR/THE ASSOCIATED PRESS

Hartley miffed over claimed differences

It's in my blood.

Bob Hartley said he wants

to continue coaching

FLAMES

Fired coach thought he and GM were on the same page

Bob Hartley says he was surprised to hear that there were differences in philosophy within the Calgary Flames.

The club fired Hartley as its head coach on Tuesday after missing the playoffs for the third time in four years under his watch.

Calgary general manager Brad Treliving said that Hartley had

brought the team "as far as I coach of the year. feel he can take it."

Speaking on a conference call with reporters 24 hours after his dismissal, Hartley said he never got a sense that management had issues with his

coaching style. "That was news to me," said Hartley. "I felt like Brad and I always talked

and I always thought that we were on the same page."

The 55-year-old led the Flames to the playoffs for the first time in six seasons in 2014-15, earning the Jack Adams Trophy as

But the club's penchant for comeback wins — Calgary earned a quarter of its points when trailing after two periods — proved unsustainable.

> The Flames compiled a 35-40-7 record in 2015-16, 20 points fewer than the previous season. that saw the club advance to the

second round of the playoffs. Special teams and sub-par goaltending plagued Calgary for much of Hartley's final campaign, but he said he was proud

of how young players like for-

wards Johnny Gaudreau, Sean Monahan and Sam Bennett had developed, as well as the continued emergence of defencemen Marc Giordano and T.J. Brodie.

"I just feel very sad that I didn't get the opportunity to keep working as a group, to keep working as an organization for better days," said Hartley. "There's no doubt in my mind this team is one or two years away from being an excellent hockey club and making a push real deep in the playoffs.

"It's going to be for somebody else. I fully understand the risk of our business and I accept the responsibilities."

THE CANADIAN PRESS

Blues' Upshall on edge over disaster

St. Louis Blues forward Scottie Upshall has numerous family members who live in Fort Mc-Murray, Alta., including a brother and his fiancée, plus aunts, uncles and nieces.

Playing Game 3 against the Dallas Stars in the second round of the playoffs was a welcome diversion from thoughts about the devastation wrought by a raging wildfire that has forced the evacuation of about 88,000 residents from the city surrounded by wilderness in the heart of Canada's oil sands region.

"Most of my family was trying not to overplay it at all, but there was nothing to really overplay when something like that happens," Upshall said.

Upshall's nieces were among those evacuated, although his brother and fiancée were in St. Louis to watch the game. Officials have said hundreds of structures were damaged or

destroyed.

"It's been a great city, a city that's survived for many years through some tough times and for me, growing up there doesn't seem too long ago," said



Upshall GETTY IMAGES FILE main thing."

is 32. "Places that probably aren't standing anymore will be really, really tough to take. But as long as everyone's OK, that's the

Upshall, who

Unseasonably hot temperatures combined with day conditions are blamed

for feeding the wildfire. "It's tough when it becomes national and global news for a city of 80,000 people," Upshall said.

"It's pretty upsetting." THE ASSOCIATED PRESS



IN BRIEF

Moose Jaw winger named WHL player of the year

Moose Jaw Warriors winger Dryden Hunt was named the Western Hockey League's player of the year on Wednesday in Calgary.

Hunt led the WHL with 58 goals and 58 assists in 72 regular-season games. THE CANADIAN PRESS

All-Madrid matchup set for Champions League final

Real Madrid ground out. a convincing 1-0 victory over Manchester City on Wednesday to line up a Champions League final against city rival Atletico Madrid.

Real Madrid advanced with a 1-0 aggregate win. THE ASSOCIATED PRESS.

Bosh ruled out for season

Chris Bosh's season is now officially over, regardless of how far the Miami Heat advance in this post-season.

Bosh has not played since the all-star break after a blood clot was discovered in his left leg.

THE ASSOCIATED PRESS.

Jays walk off the Rangers for second straight night

Russell Martin drove in Ezequiel Carrera with the winning run in the ninth inning as the Toronto Blue Jays defeated the Texas Rangers 4-3 on Wednesday night at Rogers Centre.

It was Toronto's second straight walk-off victory over the Rangers.

THE CANADIAN PRESS

metr#

Tell us how you really feel.

Join our online reader panel and help make your Metro even better. **metronews.ca/panel**

YESTERDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

M Lo	3		100			10	1		1	9		1	in it	101	I	2	9	8	5	4	6	1	7	3
		8	E	N	1	100	ě		1	E	0	Ī	41	H	ı	1	3	4	7	9	2	5	8	6
	9	.13	T	N	E.		T	'n	100		U	L		Ŷ		6	5	7	1	8	3	2	9	4
19	1	T.	-	N			H	1	П		-	4/		1		5	2	9	8	3	4	7	6	1
7	-	E			Š	Ĺ	L	8	7			T		À		3	7	6	9	5	1	4	2	8
3	1	10	14	G M	u	04 3	1 59	3	1	The Party of the P	- E-1	11	171	5.	ı	8	4	1	2	6	7	3	5	9
1		¥.	1	14	2010	2	H	The second		M water	A	3	P. 1		ľ	4	6	5	3	7	8	9	4	2
7	-	84	4	B	C		1	1	ľ	4		H	42	-	ı	9	8	2	4	1	5	6	3	7
3	-	25	46	13	1		N	10	P			Î	明	B		7	1	3	6	2	9	8	4	5

RECIPE Lemon Thyme Chicken Burger



Ceri Marsh & Laura Keogh For Metro Canada

Lemon and thyme are such an appealing spring flavour combothat we come back to it over and over. It's an unexpected addition to a burger and don't skip the goat cheese which takes it over the top.

Ready in

Prep time: 10 minutes Cook time: 10 minutes

Ingredients

- 1 lb ground chicken
- 2 Thep fresh thyme
- 1 Tbsp lemon zest
- 1 egg, whisked
- 1 Tbsp lemon juice. 1/2 onion, finely minced
- 1/4 cup breadcrumbs.
- 2 tap dijon mustard
- salt and pepper
- 1 Tbsp vegetable oil.

 4 wholewheat rolls toppings like lettuce, tomatoes, goat cheese

- 1. In a large bowl, mix together the meat, thyme, zest, juice, egg, breadcrumbs, onions mustard and salt and pepper. Using your hands, form the mixture into 4 x % inch-thick patties.
- Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking them on the stove. Cook the patries over medium/high heat for about 5 minutes on each side. You want the internal temperature to be between 165 and 170.
- Top your buns with whatever your family likes but we highly recommend goat cheese.

FOR MORE MEAL IDEAS, VISIT

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

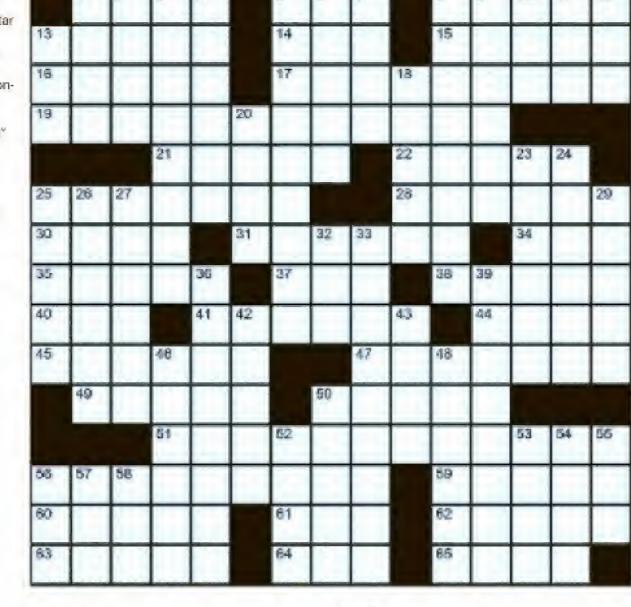
1. Cutting comment 5. "Roxanne" (1987) star ...his initials sharers 8. Relating to Atomic Number 76 13. Jazz/funk saxophonist Mr. Parker 14. Head-to-15. "Wheel of Fortune" letters turner 16. Drinking prop 17. Montreal borough. 19. Hit movie of 1984 directed by Canadian director Ivan Reitman 21. Prison takeover, for example 22.Sun-dried brick 25. Newfoundland rum 28. Host/comedian Mr. O'Brien's 30. Murmurs 31. Fort __ . _ (Northeastern BC city) 34. Dangerous fly, when doubled 35. Put down 37. "Wowy!" 38. Cyber correspondence 40. Broadcaster Mr. King, for short 41. Make a new home, as a bird 44. Gymnast Ms. Korbut 45. Very small antelope which makes a distinct sound when alarmed 47, Cone-shaped Medi-

eval headdresses

49. "__say more?"

(Comedic drama)

50. Prefix to 'comedy'



51. Cheater's problem: 2 wds. 56. Oval track vehicle: 2 wds. 59. Sample that sample: 2 wds. 60. Jean_(Quebec pharmacy chain) 61. _ de coeur (Heart-

felt protest)

62. Some seals 63. Short acting performances 64. Suffix with 'Expert' 65, Peter Pan character

DOWN

1. Aptly-named hot springs town in England 2. Prefix to 'bat' (Circus performer) 3. Appraise anew 4. Tuxedo-wearer's accessory

5. 'Crossroads of Friend-

ship' town in southern Saskatchewan 6. Computer's pointer/clicker 7. Cobblestone 8. Cooked too much 9. _ and Delilah 10. Alphabetic trio Lodging for road trippers

12. Feline 13. Food additive, commonly 18. Stretch to grasp 20. Bird 'bills' in Boucherville 23. Celebrity chef Mario of ABC's "The Chew" 24. Navy rank 25. Steamily sting 26. Nirvana rocker Kurt 27.Mr. _ ("Fantasy Island" character). 29. Actress Ms. Ward's 32. Morning beverage, informally 33, 1984 Steve Perry song that goes "You should've been gone / Knowing how I made you feel.": 2 wds. 36. Southern hemisphere constellation. 39. Personalized embroidery, as on a bathrobe 42, "Stand By Me" by Ben_._ 43. Ms. Hatcher 46. Joyce of "Three's Company" 48. Last regular play baseball innings 50. Department store chain. 52. Nero's 701 53. Literature govemess Jane 54. "Egad!" 55. Ands: French 56. Lettered colas 57. Hunky-dory 58. _ bono? = For whose benefit? ...in Latin

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

T Aries March 21 - April 20 Business, commerce and all financial dealings are blessed today - no guestion. Do the deal. In addition, purchases of beautiful things for yourself and loved ones will please you. Ka-ching!

Taurus April 21 - May 21 You love beautiful things, good food and the outdoors, especially lovely gardens. Today is the perfeet day to enjoy these things. It's also a lovely day for romance.

II Gemini May 22 - June 21 Solitude in beautiful surroundings will delight you today. Pamper yourself in any way that you can.

Cancer June 22 - July 23 You will enjoy hanging out with creative, charming people today. You feel social and warmhearted toward others.

 Leo July 24 - Aug. 23 You will make a great impression on bosses, parents, teachers and VIPs today. In fact, a flirtation or romance with your boss or someone in a position of authority might blossom.

Virgo Aug. 24 - Sept. 23 Give yourself a chance to see beautiful places today. Travel for pleasure will be a treat, because you will truly appreciate the artistic creations of others.

Libra Sept. 24 - Oct. 23 Because you can benefit from the wealth and resources of others today, this is a good time to ask for a loan or a mortgage. In all your dealings with others, people will be generous to you.

Scorpio Oct. 24 - Nov. 22 Relations with partners and close friends are warm and friendly today. This is a great day for a date or schmoozing with the general public.

Sagittarius Nov. 23 - Dec. 21 Co-workers are supportive today. You might get a raise or praise! You will enjoy making your workplace more attractive in some way. (Let others help you if they offer.)

Capricorn Dec. 22 - Jan. 20 Love at first sight is encouraged by the stars today. Whatever you do will be pleasant, fun-loving and enjoyable, because this is a lighthearted, pleasant day.

Aquarius Jan. 21 - Feb. 19 This is a good day to check out real estate deals or to buy something beautiful for your home. Invite the gang over for good food and drink, because today also favors family get-togethers.

)-(Pisces

Feb. 20 - March 20 You can make money with your words today, which is good news for writers, actors, teachers and people in sales.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9	5	7	4	6		
	1						7	
6				1				2
9 1 7				8				5 4 1
1	5			8	7	8		4
7								1
2								7
	9			5			3	
		8	2	5	9	1		

The hardest part is making the call.

If you have **debt**, we have **solutions**. We're understanding, we're respectful and we're here to help.

Talk to one of our experienced Licensed Insolvency Trustees for a free debt consultation.

Sunridge | Downtown | Market Mall | Southcentre

Angela Lock Licensed Insolvency Trustee



GT.alger.ca 403 310 8888



Guer Frank in Joseph & Sanakar Blocker of Guer Francisco sensible (11) 1

Bank a lot? No wories.



Introducing the CIBC Smart[™] Account.

Stop worrying about how much you bank with the new CIBC Smart Account. Now you'll only pay for what you use. If you make a lot of everyday transactions, you won't pay a lot because your monthly fee is always capped. Regardless of how many debit purchases or *Interac* e-Transfers® you make. Monthly fee starting at \$4.95. And no more than \$14.95. Bank on.

Get our limited time \$300 offer now.*

Talk to us today. cibc.com/smart • At a branch • 1866 525-8622

#FitsYourLife

Banking that fits your life.



To qualify, open a CIBC Smart Account and set up a minimum of one eligible recurring direct deposit or two eligible recurring pre-authorized debits within the first three months of account opening and get \$300 within 12 to 14 weeks. Offer ends June 30, 2016, and is not open to persons who have or jointly hold a CIBC chequing account. Other conditions apply, Learn more at cibc.com/smart or call us at 1 866 525-8622.

Interac® and Interac e-Transfer® are registered trademarks of Interac Inc.: CIBC authorized user of the marks. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.